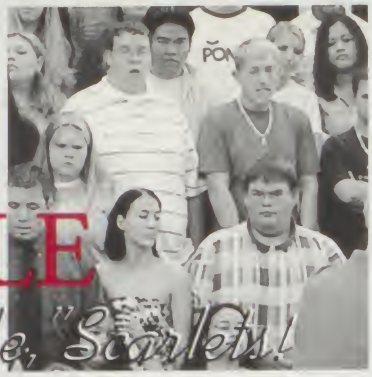

Life in the
FAST
Lane

page 14
PEOPLE
"Padidle, Padidle, Scarlets!"



page 90
ORGANIZATIONS
Let's Carpool!



page 144
SPORTS
Faster, Stronger, Better



page 210
ACADEMICS
On The Road To Success



page 266
PATRONS
A Billboard Blur






BAP
EAST

Life In The Fast Lane



East High School

915 East 13th Street
Des Moines, Iowa 50316
(515) 242-7755






EAST
RAISE
UP









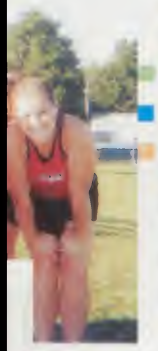







HyVee











Story/Layout by Thyta Inthavong

The Ride of your Life



Four years, 36 months, 144 weeks, 720 days, 5040 hours, 302,400 minutes, and 18,144,000 seconds – that's how much time is spent in school. It seems like a lot, but in reality it flies by. It is the most important time of your ***LIFE***, learning and growing into independence.



Think of it as a road trip. There are many obstacles to get through, but it's an adventure.

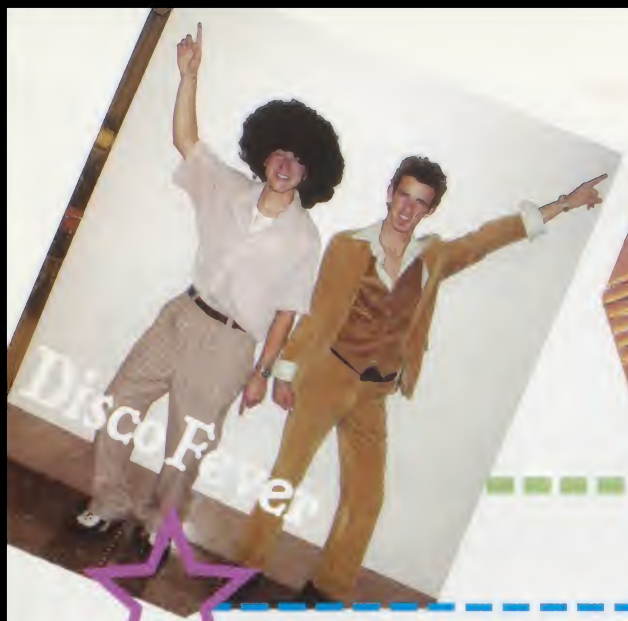
We start out with nothing and end up with so much. ***IN*** this case, we start out as freshmen knowing nothing but the past and end up as seniors with the knowledge needed for whatever ***THE*** future holds.



When you flip through this book, you will see clearly that ***EAST*** is where you want to be. Pick up longtime friends and pack up everything you need to know about life.

It takes time and dedication to stick with goals on a long journey, but it's worth it. Stay in the passing ***LANE*** in life and you'll achieve success.

Opening







What was your favorite costume?



★ "My favorite costume would probably have to be Ashley Goodpaster's 80's ensemble. She was so bright, and really looked like she fell right out of the 80's."

★ Senior **Amanda Preston**

★ "My favorite costume was Trevor Byrd's suit of armor. He looked really funny but still looked really cool. He pulled it off .

★ Freshman **Tiffany Helm**





Coming together before a game, the varsity football team carries out the East High flag to get the game started. The Scarlets went on to win the Homecoming game against Council Bluffs Lincoln, 49-41.



Taking a second to pose for a picture, these students show off what they wore for Spirit Week. Starting at far left: seniors Trevor Jones and Andrew VanGundy dressed as disco dancers for "Remember the Times;" junior Robbie Hill dressed in a potato sack for "Serf Day;" junior Taryn Brumm dances as a girl from the 80's and last, senior Trevor Byrd dresses as a knight for "Royalty Day."

Story\Layout by Tina Nickerson

Livin it Up Royally

Homecoming Week/Game

Walking down the hallway, senior **Matt Sowden** turns his head to the right to see a girl in a poodle skirt and again to the left and sees bright pink lipstick and side head pony tails. He wonders what has happened to every one at school. Then he suddenly remembers it's homecoming week.

"I liked the majority of the costumes this year, but I do think we could have had more participation from the rest of the students," said Sowden. "I think next year they should announce the days earlier so people have more than just a day to prepare for them."

The week of homecoming is full of exciting days to dress up. Days like "Beauty and Beast" (Monday), "Remember the Times" (Tuesday), "Peasant/Serf Day" (Wednesday), "Royalty Day" (Thursday), and last, but not least, the traditional "Spirit Day" (Friday). All the days planned for the week were made to go along with the "Scarlet Knights" homecoming theme.

"I really liked the days this year; everyone showed lots of spirit and the days went really well with the theme," said sophomore **Ashli Walker**.

During the day, the students who participated were judged by the vice-principals for best costume of the day. Junior **Elyse Logan** wonon Monday, senior **Tanya Sandavol** won for Best Decade, **Jessie Pridemore** was the best Peasant/Serf, senior **Trevor Byrd** won on Royalty Day, and senior **David Curtis** was the most spirited on Friday.

"My favorite costume definitely would have to have been Trevor Byrd's costume because of his original suit of armor made of tin foil," said senior **James Rendall**. "The idea was priceless."

The night before the game many students came together for a traditional pep rally. In past years many would have to say the main reason they come to it is to tee-pee the school, but this year the rally was moved inside due to the bad weather and tee-peeing was put on the back burner.

"It sucked that the tee-peeing got cancelled this year but the rally was still really fun. I think it's a good way to get everyone in the mood for the game the next day," said freshman **Taylor Miller**.At the end of Spirit Day, students already half way out of their seats waited for the bell to escape and get pumped up to show their school spirit at the homecoming game against Council Bluffs Lincoln.

The game began at 7:30 p.m. and was rocky at first with the opponent making the first touchdown. From there it was a neck'n neck game with a 21-21score at half time. The Scarlets pulled through at the end with a win, 49-41.

"I think we played an OK game. The crowd played a big part in what we did because they got us motivated and made us want to win," said senior **Ben Van Syoc**.





On their way to Okoboji, sophomores **Meagan Mangra, Nicki Freel, Valorie Coe, Jenna Crum, Meredith Breton,** and **Katelyn DeHann** (below) take time for a quick photo. At the Okoboji Cheer Camp the girls practiced stunts and learned new cheers. The cheer squad goes to camp each year to become closer as friends and develop teamwork, according to coach **Denise Rourke**. At left, junior **Elyse Logan** has fun with chocolate while her friends have fun laughing at the sight.







Seniors **Trevor Jones** and **Charles Jilek** have some fun, **at right, riding the waves in Mexico.** Some Spanish Club students went to Mexico last summer with teachers to learn new things and have some fun in the sun. Above, seniors **Anthony Miller** and **Ben VanSyoc** joke around at a party.

Summer Fun



Dancin' it up (left) these Gear Up students have fun together one Scarlet night. At lower left, senior **Michael Mathews** practices his breakdancing moves. Mathews is considered one of the top breakdancers in the state of Iowa and has many trophies won in competition.

Story\Layout by Staci Owens



life of the PARTY

Summer Fun

Buzz! The alarm clock squealed and read 5:30 a.m. For junior **Robbie Hill** that meant it was time for another scorching hot nine-hour day of labor. After work, Hill raced home to enjoy his summer entertainment. According to Hill, it isn't easy to balance work and fun.

"It is really hard to balance fun and work in the summer," said Hill. "Sometimes it doesn't seem fair because these are supposed to be the best years of my life and I'm out working."

Students of East did many different things over the summer. Some, like Hill, worked long hours to receive extra spending money while others basked in the sun and slept the summer away. According to freshman **Taylor Miller**, summer was a thrilling ride from start to finish.

"Starting with a cool swim in the pool and ending with the sizzling KISS/Aerosmith concert in Wisconsin made my summer exhilarating," said Miller.

A common place to find students was White Water University where students went to cool off in the blistering heat. Students also went to Gray's Lake to go fishing, swimming, and just hang out with friends. Some enjoyed vacations out of state and others enjoyed just relaxed in the comfort of thier own home.

"I think the most fun I had was when I went camping at Saylorville Lake with all my friends," said sophomore **Luke Griffith**.

Whether it was employment or just having fun, the life of summer seemed short-lived by all. Needless to say each student had fun no matter what they did. This will always be remembered as the awesome summer of 2003.

"Summer is the best," said senior **Rochelle Remus**. "You get to spend as much time with friends and family as you want. Summers are always fun and you will remember them for a lifetime."

Story\Layout by Amber Zenor

Losing some memories

...and gaining some new ones

It takes anywhere from five and ten minutes, give or take a few seconds, to walk down to the Walker Annex. The average lunch lasts about twenty-five minutes.

So, doing a little math, 25 minutes minus about 8 minutes would leave 17 minutes. Minusing another average 8 minutes to walk back to school would leave only 9 minutes to scarf down a school lunch.

Lunch isn't the only thing being complicated by the current renovations; it could possibly be the whole walk down to the Walker building.

The sweltering heat of this past summer, or the freezing cold of winter would make anyone want to take off in a car, either their own or a friends, during the lunch hour. There is also the issue of crossing the busy intersection of 14th street.

"We need to find a quicker and definitely safer way to get to the Walker building," said campus monitor **Brian Hoff**. "We can't be out there 24/7 when we have a whole campus to look after. An actual crossing guard needs to be hired because of safety needs."

Is this the best way to start out a busy school year? Maybe not, but this is the best that we can do, says vice Principal **Gary Rourke**.

"I know it can get a little complicated at times, but we're going to have to work with it to get the things done that we want," said Rourke. "In the end, we will have a beautiful product to be very proud of."

The freshmen may have had it the easiest, though. They mainly stayed in the Walker building all day, and only traveled to gym, whereas upper classmen were scattered all over the campus.

As the years go by, more construction will occur, which calls for more things for students to get used to.











The starting point...

Getting ready to dig, East alums and Principal Tom Lee, wait while the cameras flash and the jazz ensemble plays (photos at left). Afterwards, below, the alums joke around about how hard it actually was to get the shovel in the ground. Making the first thrust, Lee, below right, smiles proudly. To the left of principal Lee, the future of East is looks bright in these architect's renderings of the new East High School.















The starting point...

Lending a helping hand, junior Alan Herrington, guides two association members to their tables (below). At right and left to right, are association president Bill Paterson, Bob Mahaffey, and John Clark.













Alumni Banquet



Every year, thousands of alums come to the banquet to enjoy good food, great friends, and an even better atmosphere. With over 16,000 alumni, the association is the largest and oldest of its kind in the United States.





Story/Layout by Thuy Huynh

Lovin' the GREAT PARTY

Alumni Banquet

every second Thursday in May, in accordance with tradition, the East Alumni Association holds a banquet to celebrate the accomplishments of the past year, and to present graduating seniors with scholarships. According to association president **Bill Paterson**, a member of the class of 1963, rounding up all of the alumni is no easy feat.

"A lot of the alumni are scattered all over the country, so we make sure to give everyone a heads up by sending the mail in January," said Paterson.

According to Paterson, that's easier said than done. With about 16,000 alumni, the association is the largest and oldest of its kind in the United States.

"We work hard to keep an active database on all of the graduated seniors so they can stay in touch with all of the activities that go on at East," said Paterson.

At the banquet, over 48 scholarships were awarded to graduating seniors, totaling over $65,000.

To senior **Mikaela Atkins**, the scholarships are very appealing.

"I think they're such a great idea because not everyone has money to go to college so the scholarships are a really big help," said Atkins.

Even though the scholarships themselves seem like a long running event to this year's seniors, East alum **Bill Jensen**, president and CEO of Crescent Chevrolet, remembers when the scholarships were non-existent.

"When I was in high school, they didn't have the scholarship program. It's nice to see how the association evolved and how it helps so many people now," said Jensen.

The annual banquet is a great time to get together and recognize the great leadership and success that has been put into the program.

"We have a lot of very proud, very active alumni who donate a lot of time and energy into the association," said Paterson. "We're lucky that we have such dedicated members."

The banquet is also a time to get together and party with old friends.

"One of the nicest things about it is that the people who I wasn't normally associated with in high school are now some of my closest friends and we have such a great time at the banquet," said Jensen.

Fun Facts

Here are some facts about Scarlets...

72% of juniors like to hangout Downtown

67% of seniors like to eat at Applebees

47% of students want to be Mr. Lee for a day

94% of sophomores watch The Simpsons

58% of freshman like CHINGYS album

Favorite Hangout

1. Friends
2. Mall
3. Home
4. Movies
5. Downtown

Favorite Restaurant

1. Mc Donalds
2. Ryans Steakhouse
3. Burger King
4. Tasty Tacos
5. Applebees



Favorite Movie

1. Fast & Furious 1-2
2. How to lose a guy in 10 days
3. Lord of the Ring 1-2
4. Freddy VS. Jason
5. Old School



Favorite Actor

1. Josh Hartnett
2. Ben Affleck
3. Vin Diesel
4. Johnny Depp
5. Ashton Kutcher



Favorite Actress

1. Julia Roberts
2. Jennifer Lopez
3. Sandra Bulloch
4. Reese Witherspoon
5. Cameron Diaz



Favorite TV Show

1. Simpsons
2. That 70's Show
3. Real World/Road Rules
4. Sports
5. Music



Vacation Spot
1. Florida
2. California
3. Mexico
4. Hawaii
5. Missouri

Traits in a Guy
1. Body
2. Personality
3. Eyes
4. Smile
5. Humor

Traits in a Girl
1. Personality
2. Looks
3. Eyes
4. Smile
5. Attitude



Favorite CD
1. 50 Cent
2. Nellyville
3. Chingy-Jackpot
4. Good Charlotte
5. Burned or mixed CDs

Favorite Song
1. P.I.M.P.
2. Girls & Boys
3. Where is the love?
4. In da Club
5. Crazy in Love

Role Model at East
1. Mr. Lee
2. Themself
3. Vice Principal
4. Campus Monitor
5. London Hayes

Livin' the POPULAR LIFE

Story\Layout by Erica Sholley

As we get older, our taste in music, movies, style, and personalities seem to be changing. The Quill Staff put out a survey to approximatly 500 students. We asked simple questions to figure out what is popular for this year. It seems as though, as far as music goes, pop is out, punk is in. Just last year, pop was on just about every radio station and MTV. Now, if you turn on the radio or MTV, you hear Good Charlotte, Simple Plan, Cold Play, Staind and more! Times are changing and so are we. The results to the survey we sent out prove it. Take a look!

Life in the FAST LANE





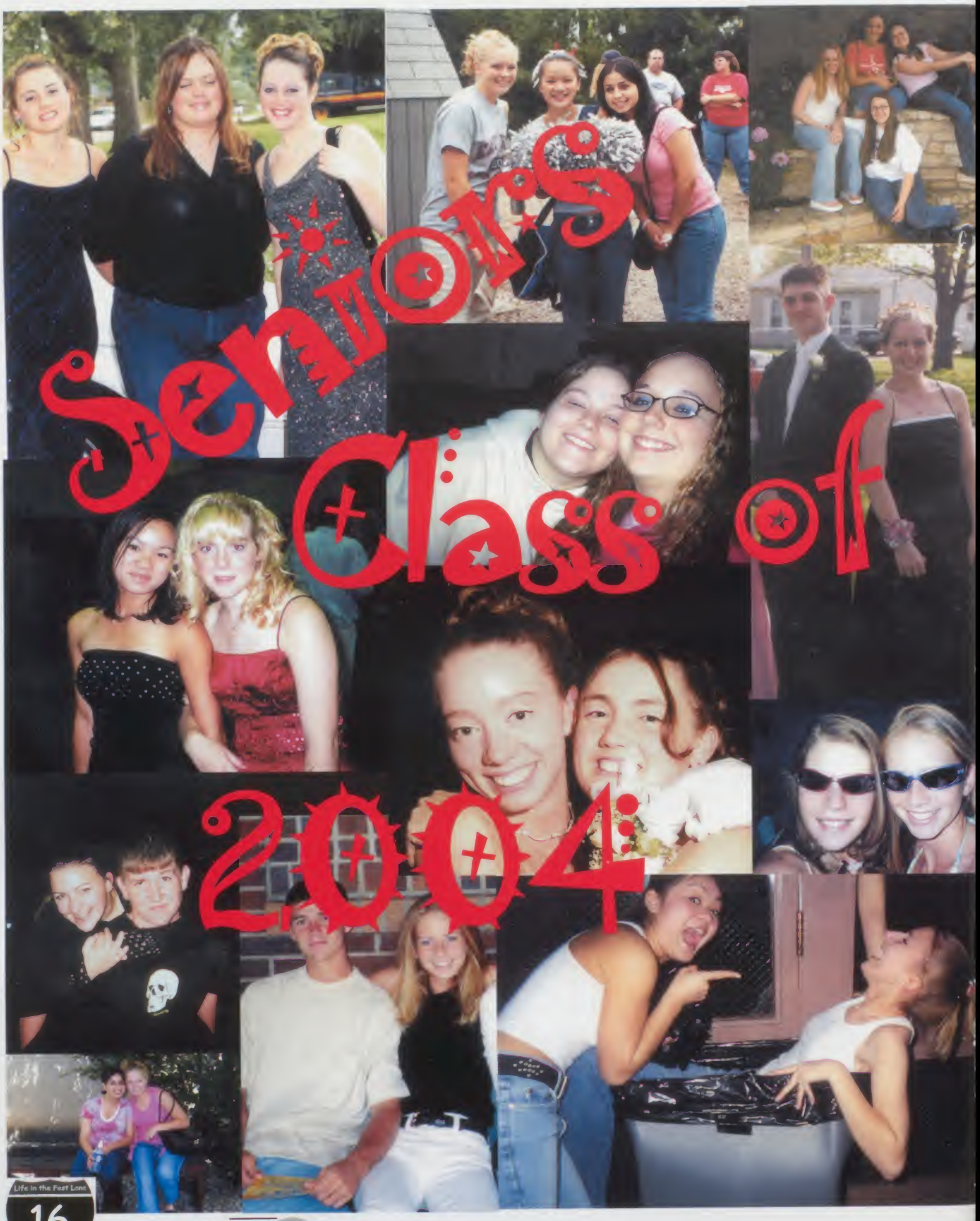
PEOPLE





"PADIDDLE," SCARLETS!

Pride. EHS students have so much pride we surpass schools around us. The pride begins inside the school walls and accelerates into the eastside community. Scarlet traditions have gained momentum for many generations, in the fast lane heading to career success, passing the rest, striving for all that we can be. All of us on the following pages show our pride and Scarlet spirit every day. We're in the driver's seat. . . look out world, there's no stopping us.


Seniors
Class of
2004:

I, Angie Puffet, will my smile to those who frown.

Senio

I, Thyta Inthavong, will my cherished 'new poms' to Heidi Hedburg and Ashley Vasey (even though Katelin Eaton really wants them).

I, Tina Nickerson, will Jimmy Lee Hill my

I, Reeio Sumabat, will the club'n legacy to my sister, Denise Sumabat. Long live the tradition!

I, Barbie Morris, will my
Bainter. May my cool de

I, Carrie Chapman, will my Stepper shoes to Amber Preas, because I know she'll be the best Stepper next year!

I, Charlie Reese, will my hectic schedule to Tyler Lock so he can get a real taste of what a bad schedule is like.

I, Adam Kalwishky, will m
my ex-mullet to Andrew

I, Steven Williams, will my white t-shirt over the shoulder to my cousin Ashton Sauls. May you keep the shirt alive in family pride.

Design by: Barbie Morris & Cassi Bainter

Brooke Brumley

Remem

Mynel Crawford, Laquana Watley, Samantha Winebrenner, Teara Rice, Amanda McConnell, and Reeio Sumabat

Carrie Chapman, Seara Gering, and Kalia Vang

Andrea Grossman, Amber Santa Maria, and Heidi Kaldenberg

Alia Wintersbottom and Melissa Perez













CONGRATULATIONS SE



EAST HIGH
CLASS O













ENIOR CLASS OF 2004!



SCHOOL
F 2004

Jolesch Photography
Des Moines

r Wills

I, Paul Durham, will Rahni Janssen $3.70 for Burger King everyday.

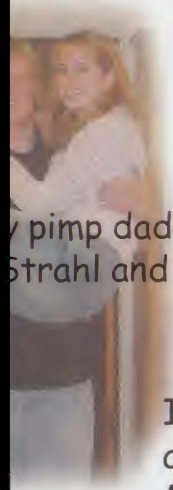
I, Gina Hughes, will my tennis racket to Sunny Sengaphone so she always remembers that tennis comes first and soccer second.

ability to keep Robbie Hill in check during school.

We, Alex Kitthikoune and Chris Kayser, will our breakdancing skills to Outhai Xaysana, because he needs them!

mad yearbook skills to Cassi
signing abilities live on forever!

I, Trevor Jones, will my zoot suit and 'Blues Brothers' hat to the future drum majors of the Marchina Scarlets! Yeah!



pimp daddy, mac daddy charm and
Strahl and Andrew Hastings.

I, Ashley Townsend, will 'The Beast' to everyone who has to walk down to the Walker building next year.



I, Ryan Neff, will my smooth moves and incredible flirting ability that makes all the ladies drool to Marty Mohler Jr. May your book be filled with numbers and your nights never spent alone.

ber When...

...snapshots from freshman and sophomore year!

Andrew Van Gundy, Amanda Voth, and Amanda Preston





Felicia Coe and Mikaela Atkins



Sierra Buck, Allison Rauh, and Courtney Chapin



Mike Mathews, Mike Her, and Staci Owens



Chelsea Peterson and Katie Ring



[Abbreviation Code & Seniors Not Pictured list is on Page 38]









ADAMS, BRETT
ALATORRE, MARISOL
ALVAREZ, ALICIA—Cheerleaders 1-4; PEP 1-8; Quill 4-8; Swimming 7-8; UB 4-8. DMACC
ANOUSIS, JAMES









ANSPACH, NICHOLAS—AL; Debate 1-2; Mixed Choir 3-4; NCYL 7-8; NHS 7-8; Soccer 1-8; Swimming 1-8; Bass Choir 5-8; Madrigal 3, 5, 7.
ANTELMAN, JESSE—AL; Basketball 1-2; Class Office (Treas.); Football 1-2; Golf 3-7; NCYL 7-8; NHS 4-8 (Treas.); PEP 1-2; Quill 4-8 (Co-Ed.); Soccer 2-8; Sr. Board; SG 6-8.
ATKINS, MIKAELA—Color Guard 3-4; Cross Country 5-7; Equip. Mgr. 3-4; OA 1-2; Orchestra 1-4; Sr. Board; Track 4.
BALDWIN, ALLISON









BALLARD, TIMOTHY—Basketball 1-2; Marketing Sales 3-4; PEP 1-2; Soccer 1-8; Sr. Board.
BARKER, JENNIFER—Golf 3-4; Swimming 1-4. UNI
BECK, TYE
BERNARDINO, CRISTINA






Bernhardt, Kristin—AL; Orchestra 1-4; Corp. Acad. Inst. 5-6. UI
Bird, Trevor— AL; Golf 1-8; PEP 1-4, 7-8; Soccer 1-8; Sr. Board; UN Trip 6. UNI
Blythe, David—BPA 7-8.
Boattenhamer, Tyler—Baseball 1-8; Football 5-8; Orchestra 1-2; Wrestling 3-8.






Boileau, Jessica
Boll, Jason
Bosley, Jeni—Mixed Choir 1-2; OA 2; PEP 1-8; Sr. Bd. DMACC
Bourdon, Robert— AL; Baseball 1-8; Cross Country 5-8; Football 3-4; NCYL 7-8; NHS 7-8; PEP 7-8; Sr. Board; Track 3-8; Wrestling 3-8. UI






Branson, David
Bright, Daniel
Britt, Aaron
Brownell, Jason





Tim Ballard



Ugliest



Bronson Leinen



Reejo Sumabat



Car






Brumley, Brooke— AL; Concert Band 1-8; Cross Country 5-8; Golf 3-6; Marching Band 1-8; NHS 3-8; NH 4-6; Quill 4-5; Track 3-4.
Buch, Andrew
Buck, Russell
Buck, Sierra—Basketball 1-6; Cross Country 1-8; PEP 7-8; RIP 7-8; Spanish Club 1-4; Track 1-8.






Budd, Brooke—AL; Basketball 1-4; Jr. Board; PEP 1-8; Softball 1-4; Sr. Board; Track 1-8. DMACC
Calkins, Lacy —Special Olympics Basketball 3-8. Central Campus
Carey, Andrew
Carr, Jennifer—AL; Cheerleaders 3-4; NHS 3-6; OA 1-2; PEP 1-2; Softball 1-4; Track 3-4; UN Trip; Volleyball 1-8.






Carrasco, Yuridia— Art Club; Key Club 1-2; NCYL 7-8; NHS 7-8; PEP 1-2; SB 1-8; Soccer 1-4. ISU
Carrick, Christopher
Carrington, Eric
Carstens Jr, Jeffrey



Worst Drivers



Alicia Alvarez



Adam Kalwishky











CEBALLOS, DEISY
CEBALLOS-BRISEN, PEDRO
CHAMALE, LIDIA—NHS 5-8; Spanish Club 7-8; Sr. Board.
CHAMALE, ZOILA—Chamber Choir 5-8; Spanish Club 7-8; Sr. Bd.









CHANTHAVONG, PETER
CHAPLIN, COURTNEY— AL; Art Club 1-2; Basketball 1-4; Cross Country 3-8; Key Club 1-2; NHS 7-8; OA 1-4; PEP 7-8; RIP 7-8; Scroll 5-8; Spanish Club 1-4; Sr. Board; SG 1-2; Track 1-8. UI
CHAPMAN, CARRIE— NH 5-6; OA 5-8; PEP 1-2; Quill 5-8; Steppers 3-7. DMACC
CHAVEZ, DESIREE— French Club 1-2; Mixed Choir 1-2; PEP 1-2; RIP 5-8. DMACC









CHIA, STEPHANIE
CHRISTIE, JESSICA—Cheerleaders 1-4; OA 5-6; PEP 1-2, 7-8; Softball 1-2; Sr. Board; SG 5-6; Swimming 1-2, 7-8. DMACC
COCKERHAM, NICOLE—Basketball 1-2; Photojournalism 7-8; Softball 1-8; Track 5-8; Volleyball 1-2. IA Central Comm.Coll.
COE, FELICIA—Color Guard 1-8; Marching Band 1-8; Prep Choir 1-2; RIP 1-4; Treble Choir 3-4. ISU






Cook, Jeremy—Baseball 2, 4; Football 1, 3.
Cort, Jamie
Crawford, Myneka— Chamber Choir 5-6; Cheerleaders 3-8; Equip. Mgr. 1-2; LC; NH 7-8; Prep Choir 1-2; SB 1-6; Spanish Club 3-4; Track 1-4.
Crum, Tori— AL; Soccer 1-8. ISU






Crumble, Stephanie
Curtis, David
Dake-Cowles, Joseph
Daugherty, Jessica






Davis, Aarron
Deal, Michael
Deaver, Zachary
Deerr, Michael— Basketball 1-2; Football 1-8; PEP 7-8.



DiLeonardo, Dorothy
Dickey, Trevor—Cross Country 1-8; Football 1-2; Marching Band 7; Orchestra 1-8; Swimming 3. ISU
Donahue, Matthew
Doyle, Amy






Dunkin, Jeremy— AL; Competitive Speech 1-8; Debate 1-8; French Club 1-4; NHS 5-8; PEP 3-4; Sr. Board; SG (VP) 6-8; UN Trip. Drake
Escobedo, Ruby
Farley, Joseph—AD 7-8; Swimming 1-8.
Farrell, Brent






Fenton, Jessi
Filippelli, Annamarie—AL; Mixed Choir 1-2; Swimming 1-6. UNI
Fisher, Daniel
Fousek, Evan

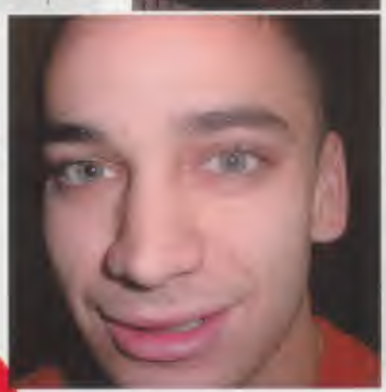





Barbie Morris



Best Eyes



Jeff Garretto






Best Hair

Andrew Van Gundy





Tina Nickerson









Froehle, Kayla
Frost, Jeanna
Fuller, Sean
Gering, Seara









Gines, Jermaine
Gonzalez, Gabriel
Gregg, Harmony—AD (Capt.) 1-8; Tennis 4; CC. German Club (Pres.) 1-8; UNI
Grimm, Kristopher









Grossman, Andrea — Concert Band 1-8; Golf 4,6; Marching Band 1-8; OA 3; Volleyball 1.
Guhl, Christopher
Hansen, Kirsten— AL; Gospel Choir 1-2; PEP 1-6; Prep Choir 1-2; RIP 1; Scroll 5; Swimming 1-2; Madrigal Dinner 3.
Harmon, Ronald

Staci Owens and Tony Miller





Class Couple









HARNAN, BRENDA— Chamber Choir 7-8; Concert Band1-8; Jazz Band 1-8; Marching Band 1-8; NHS 7-8.
HARVEY, AMBER
HAYES, LONDON
HEATH, AMBER









HEGGEN, MOLLY— BPA 5-8; Key Club 3-4; OA 2-8; PEP 1-2; Sr. Board. AIB
HELD, HEATHER—Graphic Tech 5; NH 3-6; OA 1-3; PEP 5; SG 7-8; Happy Campers 5-6. AIB
HENRY, SEAN
HER, MICHAEL









HILL, HEATHER— BPA 5-8; Mixed Choir 1-2; OA 1-6; Sr. Board.
HINES, JENNIFER
HOLLINGSWORTH, KEVIN
HOUCHIN, LINDSEY






HOWELL, KIM— Basketball 1-4; OA 1-2; PEOPEL PE helper 1-6; School Play 1; Softball 1-8; Track 4-8; Volleyball 3. UI
HUGHES, GINA—AL; Chamber Choir 3-4; Cheerleaders 1-8; NCYL 7-8; OA 3-8; Prep Choir 1-2; Quill 5-8; Sr. Board; Tennis 1-8.
HUFFEY, SARAH— Chamber Choir 5; Debate 3-8; Key Club 4-8; PEP 6; RIP 7-8; Treble Choir 6-8.
INTHAVONG, THYTA—AL; Cheerleaders 3-8; NHS 5-8; PEOPEL PE helper 5-6; PEP 1-2; Quill 4-8; Spanish Club 4 (Sec.); Sr. Board; Track 3-6. San Diego State






JACKSON, JOESEY—PEP 1-8; SDS 3-4; Spanish Club 1-6; Sr. Board; Tennis 1-8.
JILEK, CHARLES— OA; 1-6; PEP 1-6; Spanish Club 5-8; Sr. Board; SG 7-8.
JOHNSON, ASHLEY— AL; French Club 5-8; NHS 5-8; OA 5-8; SB 1-8. ISU
JONES, ASHLEY L.






JONES, ASHLEY M.
JONES, LEROY
JONES, TREVOR—AL; Class Officer (Pres.); Concert Band 1-8; Golf 1-8; Jazz Band 1-8; Kiwanian; Marching Band (Drum Major) 1-8; NCYL 7-8; NHS 4-8; Soccer 1-8; Spanish Club (Sec.)5-8, Sr. Board; UN Trip; DI 1-4; Happy Campers 3-8.
KALDENBERG, HEIDI—Bowling 5-8; Concert Band 1-8; Marching Band 1-8; UN Trip; Missouri Western State College



Courtney Chaplin

Trevor Jones



Best Personality

Kalwishky, Adam—Football 7-8; Marketing Sales 5-6.

Kayser, Christopher— AL; Basketball 1-2; Chamber Choir 3-4; Drama Club 1-2; LC; NCYL 7-8; Play Production 2-4; Prep Choir 1-2; RIP 1-8; School Play 2-4; Theater Arts 2-4; UB 2-8; Fusion 6-8 (founder).

Kelly, Annabelle— Basketball 1-4; Cheerleaders 8; PEP 1-2; Spanish Club 4; Sr. Board; Track 1-3, 8.

Kelly, Brinden






Kern, Jacqueline—Mixed Choir 1-2; OA 2-4, 7; Sr. Board.

Kernes, Sara— NH 3-4; PEP 3-4; RIP 7-8; Sr. Board.

King, Ashley

Kitthikoune, Somwong— AL; Chamber Choir 3-4; Drama Club 1-4; LC; Mimes 3-4; NCYL 7-8; NHS 7-8; Play Production 3-4; Prep Choir 1-2; RIP 1-8; School Play 2-4; Tennis 4; Theater Arts 2-4; UB 2-8; Fusion 6-8.






Krause, Season

Latcham, Kandi—AL; Basketball 1-4; Mixed Choir 1-2, 5-8; PEP 1-2; SDS 3-4; Madrigal 5-6.

Leinen, Bronson

Lem, Christy—BPA (Pres.) 5-8; NCYL 7-8; PEP 1-2, 7-8; Prep Choir 1-2; RIP 6-7; Spanish Club 3-4; Steppers 5-8; Tennis 1-4; UB 3-8.










Rich And Famous

Charlie Reese





Cathrine Swoboda









Letze, Ashley
Lockett, Delise—AL; Basketball 1-4; NCYL 7-8; SB 1-8; Math Club 5-8. ISU
Lockett, Denise
Long, Jonathan









Long, Judy
Lovan, Jessie
Loving, Carol— NH 3-6; PEP 1-6; SG 7-8; Tennis 5-6.
Madison, Stacey

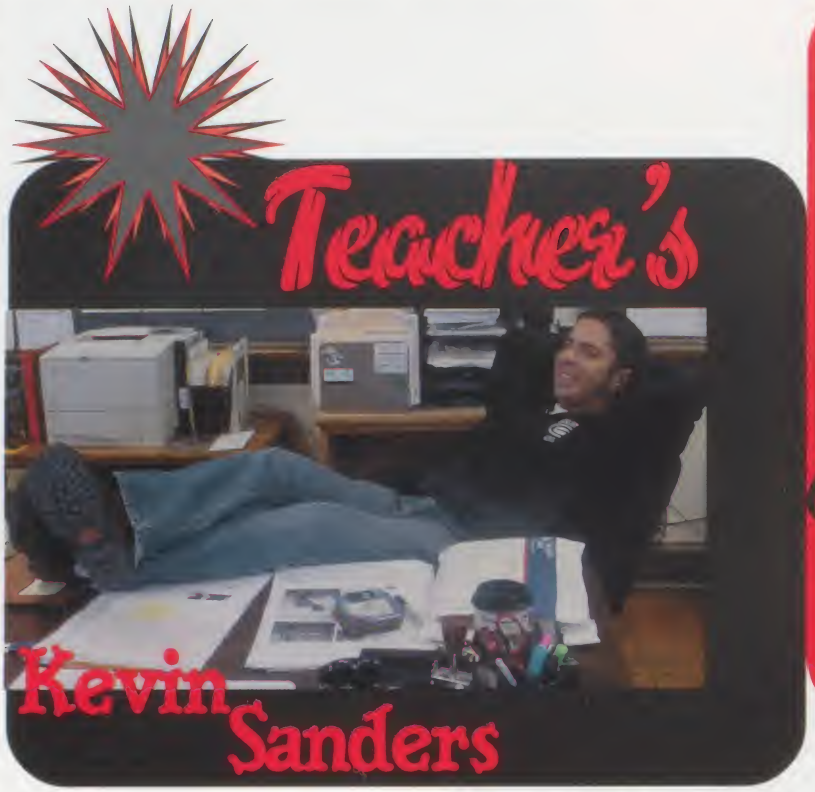








Marlenee, Amber
Martinez, Alejandro
Mathews, Michael— Football 3-8; Prep Choir 1-2; Fusion 5-8; ISU.
May, Misty













Mayhugh, Nicholas
McAninch, Arthur
McCarl, Kyle
McConnell, Amanda— Cheerleaders 1-8; Key Club (VP) 6-8; OA 7-8; Orchestra 1-8; Sr. Board. DMACC









McCourt, Michael—AL; Baseball 1-2; Golf 3-8; NCYL 7-8; NHS 5-8; Orchestra 1-8. ISU
McDaniel, Jeremy— AL; Baseball 1-4; Concert Band 1-8; Jazz Band 1-8; Marching Band 1-8; Orchestra 7-8; Spanish Club 7-8 (VP, Treas.); Sr. Board: Jazz Combo 5-8. UI
McDonald, Kevin
McGarr, Jonathan









McGhghy, Rachael
McKee, Michelle
McLaughlin, Zachary
McNeal, Shelley






MEDINA, LIZETH
MILLER, ANTHONY— AL 1-8; Football 1-8; Track 1-8; Wrestling 3-8. UNI
MOORE, CHRISTOPHER
MORLAN, SARA— Orchestra 8.






MORRIS, BARBARA
MOST, MEGAN
MUNIZ, BRENDA
MURPHY, DANIEL






MURRAY, BENJAMEN
MYERS, JASON
NAGY, RORRIAN— Cheerleaders 1-8; OA 3-8; PEP 7-8; Photojournalism 5-8; Soccer 3-4; Spanish Club 3-4; Tennis 2,4.
NEAL III, JOHN





Neer, Ryan
Neff, Ryan— Baseball 3-4; Basketball 1-2; Football 1-8; Scroll 5-8; DI 1-4.
Nickerson, Christina
Niffenegger, Megan— AL; French Club (VP) 5-8; MSC; 3-4; NCYL 7-8; NHS (Pres.) 5-8; Play Production 3-4; School Play 3-4; Spanish Club 3-8; Sr. Board; Theater Arts 1-4.






Nixon, Jamie—AL; Basketball 1-6; Softball 1-4; Track 1-6; Volleyball 1-8. Grand View College
Noble, Kari
Orr, Keenyn
Owens, Kimberly— Mixed Choir 1-2; OA 2-8; PEP 1-4; Treble Choir 3-6.






Owens, Staci— Cheerleaders 3-4; Cross Country 5-6; Quill 3-8; RIP 7-8; Sr. Board; Tennis 1-2; Track 3-8. UNI
Palmer, David
Palmer, Jennifer
Parcel, Charlie







Most

Trevor Bird

School

Katie Ring
Spirit

Hall Monitors



Carrie Chapman



Rex Staley

Futures






Parker, Joseph
Patino, Carlos
Patterson, Sandy— AL: Graphic Tech 3,5; NH 3-6; Sr. Board. Drake
Paz, Nancy






Person, Nikita
Petersen, Chelsea— Cheerleaders 1-8; Mixed Choir 1-2; OA 3-8; PEOPEL PE helper 5-6; Spanish Club 3-4. ISU.
Petersen, Melissa— NH 3-4; People PE 3-4; PEP 7-8.
Powell, William



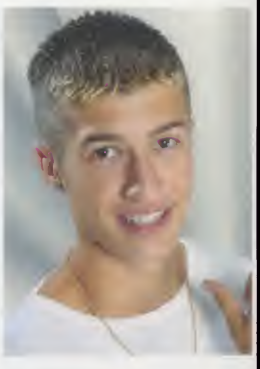



Preston, Amanda
Puffenbarger, Samantha— Sr. Board; Soccer (Mgr.) 5-8.
Puffet, Angela
Quezada, Karina



RATLIFF, CHRISTOPHER
RAUH, ALLISON— Concert Band 1-4; Cross Country 3,5; Marching Band 1-4; Spanish Club 3-4; Track 4. ISU
RAYA, LUPE
REED, DUSTIN



REED, LAUREN—Chamber Choir 3-5; Cheerleaders 1-8; OA 3-4, 6; PEP 7-8; Prep Choir 1-2; RIP 3-8; Sr. Board; SG 5-8; Madrigal 4, 6.
REID, YVONNE
REMUS, ROCHELLE— AL; Cheerleaders 1-8; Class Officer (VP) 7-8; Concert Band 1-4; French Club (Pres.) 1-8; Key Club 7-8; Kiwanian 7-8; Marching Band 1-4; NCYL 7-8; NHS 5-8; OA 3-6; PEOPEL PE helper 5-6; PEP 7-8; Sr. Board; SG (Pres.) 3-8; UN Trip; Volleyball 1; Math Club (Treas.) 3-8.
RENDALL, JAMES— Baseball 1-2; Basketball 1-6; Football 1-8; DI 1-4.






REUSKENS, SAMANTHA
REYNOLDS, BRYAN
RICE, EMILY— AL; Competitive Speech 1-8; Debate 1-8; Drama Club 1; NCYL 7-8; NHS 6-8; PEP 7-8; Soccer 1-8; Sr. Board. UI
RICE, TEARA











Ring, Katherine— Cheerleaders 1-8; Concert Band 1-8; French Club 1-3; Golf 1-8 (Capt.) 5-6; Marching Band 1-8; PEP Band 1-8; PEP 1-2.
Robinson, Kristen—AL 1-2; Art Club 3-4, 7-8; Basketball 1-4; OA 5-6; PEP 1-2; Softball 1-6; Track 3-4; UN Trip 5-6; Volleyball 1-8.
Roth, Nathaniel
Sanders, Kevin— Debate 1-8; OA 5-8; Volleyball 7 (Mgr.); Channel 12 7-8.






Santa Maria, Amber
Sauz, Sandra
Scarlett, Adam
Schieffer, Chase






Scott, Ashley
Sholley, Robert
Short, Jolene
Slemp, Dustin— Golf 1-6; Orchestra 1-8; Tennis 1-2; Bowling 1-6. Universal Technical Institute



Jeff Carstens

Biggest



Bobbie Stradley



Partier

SMALL, TREASURE
SMITH, CHAD
SMITH, DUNCAN
SMITH, JOSEPH






SMITH, MEGAN— Color Guard 3-8; Quill 5-8.
SONGKHAM, ROBERT
SOUTHAMMAVONG, JULIE— BPA (Treas.) 7-8; French Club 1; Spanish Club 3-4; Sr. Board; SG 7-8; UB 1-8. ISU
SOWDEN, MATTHEW






STALEY, REX—Football 1-2.
STAPES, JONATHON— Football 1-8; Track 4-6.
STEVENS, AMANDA
STOCKBAUER, MICHAEL








Nicest



Kristen Robinson

London Hayes



Built









Stockbauer, Monica
Stradley, Bobbie—Basketball 1-6; PEP 1-4; Softball 1-8; Sr. Board; Track 7-8; Volleyball 1-4. Marshalltown Community College
Sumabat, Reeio—AL; Cheerleaders 3-8; Equip. Mgr. 1-8; LC; Quill 3-6; SB 1-6; Spanish Club 3-4; Sr. Board; Track 1-2.
Swinehart, Jessica









Swoboda, Catherine— AL; Art Club 3-4; Cross Country 1-2; Marching Band 1-3; NCYL 7-8; NHS (VP) 4-8; Softball 1-4; Volleyball 1-2; DI 1-4; Math Club (Pres.) 4-8.
Tarr, Greg— AL; Baseball 3-8; PEP 5-8; Marine Corps ROTC 1-4. Marshalltown Community College
Thomas, Heather
Timblin, Christopher— Football 1-2; PEP 1-2; RIP 7-8; SG 5-8. DMACC



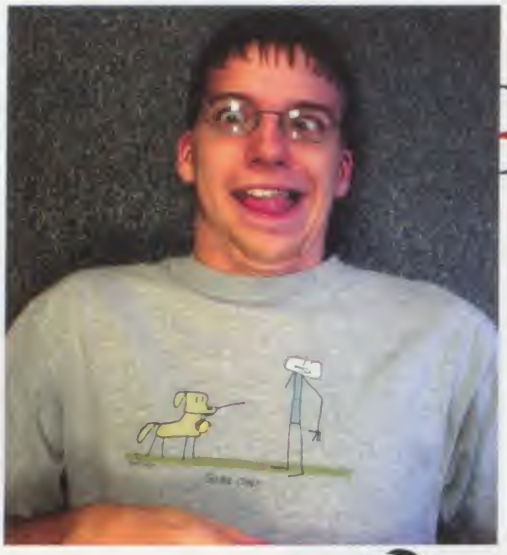






Timblin, Heather
Townsend, Ashley
Turner, Kyle
Van Gundy, Andrew— AL; Chamber Choir 5-8; Concert Band 1-4; Cross Country 5; Jazz Band 1-4; Marching Band 1-5; NCYL 6-8; NHS 4-8; OA 3-8; Soccer 2; Track 3-8; UN Trip; DI 1-4. Oral Roberts Univ.

Charlie Reese



Samantha Winebrenner



Most Dramatic









Van Syoc, Ben— Football 1-4, 7-8; Wrestling 5-8.
Vang, Ka Lia
VanWeelden, Krystal
Van Winkle, Nicholas









Vorasith, Nilaphay— Al; BPA (VP) 7-8, French Club 1-2; NHS 7-8; Sr. Board; SG (Treas.) 7-8.
Wagner, Felicia—Basketball 1-6; PEP 5-8; RIP 7-8; Sr. Bd.; UB 5-8.
Weber, Dustin
Warner, Nicole









Watley, Laquana— Cheerleaders 3-8; Equip. Mgr. 1-2; LC; PEP 1-4; Spanish Club 3-4; Sr. Board; Swimming 1-8; Track 1-2.
Weaver, Dorman
Welding, Ashley
Wieskamp, Monica— AL; French Club 5-8; PEOPEL PE helper 6.






WILLIAMS, STEPHEN
WILSON, GLEN
WINEBRENNER, SAMANTHA— AL; Cheerleaders 1-8; Class Officer (Sec.); Drama Club 1-8; Mimes 7-8; PEP 5-8; Photojournalism 5-6; Play Production 3-8; RIP 5-8; School Play 3-8; Sr. Board; Theater Arts 3-8; IHSSA. 1-8. Iowa College of Natural Health
WINTERBOTTOM, ALIA—AL; PEP 1-4; Softball 2,4; Spanish Club 5-6; Sr. Board; Swimming 2-5, 7-8. Simpson College






WISNOUSKY, RYAN
WOODYARD, ADRENA
YOUNG, AARON
YOUNG, JOSH— AL; Debate 3-8; French Club 7-8; Key Club 2-8; Kiwanian 8; NCYL 6-8; NHS 5-8; Scroll 5-8 (Editor); Sr. Board.



ZENOR, AMBER— OA 1-8; PEP 7-8; Quill 4-8 (Co-Ed.); School Play 6; Sr. Board.

Most

London Hayes



Ashley Letze

Athletic

Alarcon, Kevin
Anderson, Donald
Arroyo, Karina
Axser, Katie
Beem, Garrett
Borne, Brian
Bosley, Elizabeth
Byrkett, Joseph
Cason, Niasha
Chountamountry, Randy
Conn, Cody
Courter, Mandy
Croy, Andrew
Deaton, Troy
Dockum, Ryan
Dulaney, Kiersten
Duntz, Marcy
Durham, Paul
Edwards, Ashlie
Edwards, James
Farnsworth, Lynnsey
Fierro, Richard
Fleming, Kenneth
Fleming, Kevin
Galvan, Petra
Garretto, Jeffrey
Gatkuoth, Nyable
Gearhart, Diana
Gines, Jonathan
Gowdy, Tommy
Grim, Lewis
Guerra, Amanda
Guy, Jonathan
Guzman, Laura
Harris, Marvin
Heaberlin, Ashley
Henkle, Ryan
Hook, Andrew
Howe, Matthew
Irwin, Krystal
Jackson, Eraina
Jacobs, Warren
Kern, Dan
Lee, Sharvar
Lester, Paul
Long, Orville
Michener, Sara
Mickens, Lajaherae
Mielke, Michael
Miller, Joshua
Miller, Michael
Mosqueda, Antonio
Linfong, Moua
Noble Jr., Steven
Phaydavong, Kenny
Pinegar, Arthur
Pridemore, Jessie
Ramirez, Miguel
Reese, Charles
Renfro, George
Reyes, Luis
Richards, Jack
Sample, Elizabeth
Shackelford, Robert
Sheffield, Jerry
Thomas, Lucas
Thomas, Paris
Thompson, Toby
Tillman, Christopher
Tran, Oudaphone
Tuon, Savanny
Van Deo, Eddie
Vance, Bradley
Vargas, Michael
Vuth, Amanda
Wagner, Jamie
Waltz, Stephen
Williams, Darin
Woods, Carla
Worthington, Krystal
Wright, Larry
Xiong, Fue
Yamen, Levi
Yassin, Jeremiah
Zuniga, Norberto

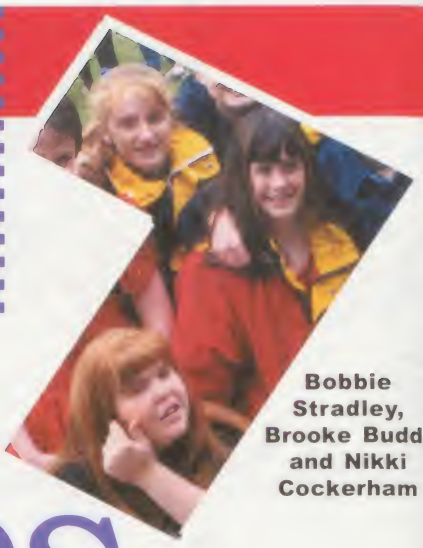
Senior Information Codes

AIB..... American Institute of Business
AL..... Academic Letter
BPA..... Business Professionals of America
CB..... Career Beginnings
DMACC.... Des Moines Area Comm. College
FCA..... Fellowship of Christian Athletes
ISU..... Iowa State University
JA..... Junior Achievement
JROTC.... Jr. Reserve Officer's Training Corps
LC..... Leadership Council
NCYL ..... National Council on Youth Leadership
NH..... New Horizons
NHS..... National Honor Society
OA..... Office/Library Aide
PEP..... Pep "E" Club
SB..... Science Bound
SG.....Student Government
SS..... Scarlet Standout
UB..... Upward Bound
UI..... University of Iowa
UN..... United Nations
UNI..... Univ. of Northern Iowa

Autographs
Autographs
Autographs
Autographs

Looking back on the Good Times


Kyle King and Bronson Leinen


Bobbie Stradley, Brooke Budd, and Nikki Cockerham

by: Carrie Chapman

When you become a senior in high school, you start to think about college and the future. Your social life grows and you find yourself trying to spend time with friends that you may not see when it comes time to move away and go to college.

When you're spending time with one of your best friends that you've known forever, the two of you probably begin talking about some of your best memories and look back on the good times. For seniors at East, some of the best memories are very unique and entertaining. Here are a few memories from some of your lifelong friends...


Yuridia Carrasco, Chelsea Peterson, Nick Ira, Courtney Chaplin, Joesey Jackson, Matt Sowden, Jeremy Cook, and Michael Mathews

"I remember back in elementary school when Tyler Boattenhamer, Ronald Harmon and pretty much everyone else in our grade dug holes under the playground during recess. We all would crawl down the holes and under the playground until the principal filled in the holes."

Ryan Neff


Rex Staley


Chris Kayser


Brooke Brumley, Dottie DeLeonardo, Andrea Grossman, Amber Santa Maria

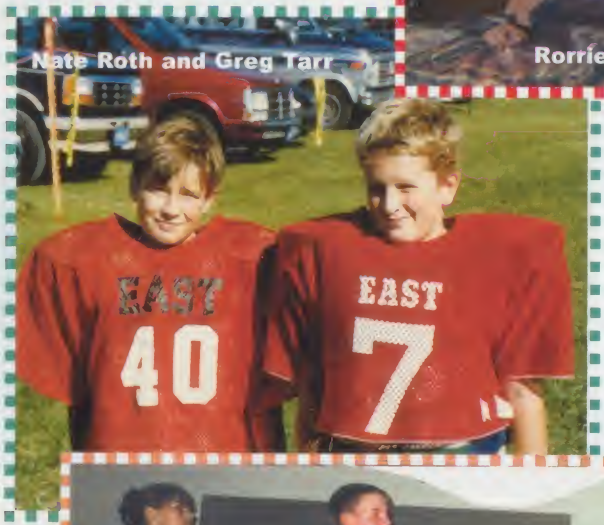
Senior Memories


Ryan Neff


Stacy Madison and Jessi Fenton


Jamie Nixon and Ashley Letze


Rorrie Nagy


Nate Roth and Greg Tarr


Tina Nickerson, Carrie Chapman, Samantha Puffenberger

"Jenny Carr and I decided to go rollerblading one time and she decided to try to go down her neighbor's driveway, which was very steep. When she went down, she fell on her butt in the middle of the street and she snapped her tailbone off. It was pretty funny until she started crying."

*Jamie Nixon


Jessica Christie, Tyler Boattenhamer, Juvenal Avila, Ryan Neff


Staci Owens & Yuridia Carrasco


Trevor Bird

"I remember when I was little I lived right next to Trevor Jones and Nate Roth. Whenever it snowed, we would go in our back yards and build snow forts. Then we would have snowball fights. They would always get me since I was the only girl."

*Katie Ring

Senior Memories

LIVIN WITH KINGS AND QUEENS





Story & Layout by: Cassi Bainter



Here come the Knights of East. This year the theme for Homecoming is Scarlet Knight, somewhat of a "medievalish" time.

When thinking of the Scarlet Knight assume Kings, Queens, knights, horses, castles, and the colors of purple, along with gold, blue, and yellow.

The ideas for Homecoming come from student government, which is run by teacher **Samy El-Baroudi**.

"We get a lot of different ideas for homecoming. We may have a smaller group of kids, but they do have a lot of good ideas," said El-Baroudi.

Senior **Adam Kalwishky** is one senior who is anticipating the dance. The reason he wants to go so bad is to "see all the pretty ladies." Like many students he will be dancing.

"I like to dance and get my boogey on. My favorite dance move is the swim." s aid Kalwisky.

This 2003 Homecoming Court included a wide variety of students: senior boys: Trevor Bird, Trevor Jones, Kenny Phaydavong, Jon Stapes, and London Hayes; senior girls: Jennifer Carr, Stephanie Chia, Rory Nagy, Staci Owens, and Courtney Chaplin.

For the juniors: Peter Cooper and Jenna Dunkin. Sophomores: Eric Thavonekahm and Jenna Crum. Freshmen: Addison Speck and Casey Morgan.

"They were a good group of kids this year going for king and queen," said El-Baroudi. "I can honestly say that I wouldn't have been disappointed in whoever got it."

Past traditions continued with the week before the dance, called Spirit Week, where each day had a different theme: "Beauty and the Beast," "Favorite Decade," "Peasant Day," and "Royalty Day." One tradition that has never changed is Spirit Day, which happens on Friday.

"I think that the week is a blast. Even though I don't participate, it's fun seeing everyone dressed up for the days," said junior **Thuy Huynh**. "It shows that there are people here who really care and have spirit here."

Tradition also includes the Pep Rally in front of the school on Thursday before the game. It's where all the football players, Steppers, cheerleaders, and many others come and get all pumped before the big game. Then after the pep rally, all fired up students' tee-pee the school.

"I think that it's neat to get all hyped up with friends. It's not the night of the game or any thing,"said senior **Amber Zenor**. "You really don't have to sit and listen to a bunch of people talk; it's just about having fun with your friends."

During the assembly the whole school normally gathers in the big gym and Principal Tom Lee gets everyone pumped for that night. Sometimes he rides around on a lawn mower or just acts goofy.



Above, senior Carrie Chapman and her date, junior Luke Erickson, make last minute preparations before going out to dinner at La Pizza House and making it to the dance on time.



Seniors Trevor Jones and Stephanie Chia were crowned King and Queen for homecoming. This year was Jone's second year in a row to be chosen as the homecoming representative for the class of 2004.

Being chosen for court is a total honor according to junior candidates Peter Copper and Jenna Dunkin. Jenna Crum and Eric Thavonekahm took the honors for the sophomore class, Addison Speck and Casey Morgan for the freshman class.

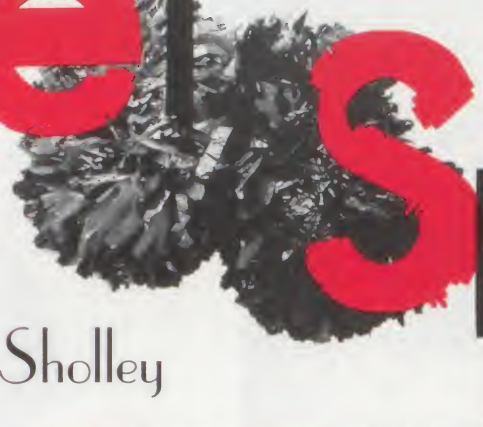






Homecoming candidates anticipate the announcement of King and Queen. From left to right: seniors Staci Cowan, Jon Stapes, Rory Nagy, Kenny Thavonekham, Stephanie Chia, Trevor Jones, Courtney Conklin, London Hayes, Jennifer Carr, and Trevor Hall.

Scarlet Spirit



Story & Layout by Erica Sholley

New year. New students. New spirit. New excitement.

Every year, students from all over Des Moines come to East High. Students are devoted to their school and, most of all, to the sports.

During football season, there are many ways students show their spirit. Buying "Eastsider" and "East High" clothing and painting stomachs with the words "East High," are just a few of the ways to show spirit.

At the games, there is a section called the "Student Section." Students stand throughout the whole game, only sitting at halftime. This section usually pumps up the crowd, yells back cheers with the cheerleaders, and cheers on the football team.

In past years, the student section consisted of mainly juniors and seniors. This year, the freshman and sophomores found their way to help cheer on the crowd and show school spirit.

"Going to the games was fun. I hung out with all my friends and I loved seeing everyone so active and showing so much spirit," said freshman **Katie Moses.**

The senior class has a few traditions all their own. They have their own hallway, with their own senior bench. Seniors sit and socialize before and after school and when the five-minute bell rings, they scatter off to their classes.

"It's a place for the seniors to bond before and after school," said senior **Joe Smith.** "The senior class is really close this year."

Senior survivor is another event that takes place yearly and is sponsored by **Sharon Page.**

Seniors are locked in the school for one week. During this week, they do a series of challenges each day. At the end of the day, seniors vote off one of their classmates.

"Survivor is a lot of fun. The seniors bond a lot and get to know their classmates a lot better," said Page. "I think the hardest part for them is voting off one of their friends at the end of the day."

All in all, the students here at East are full of everyday spirit and pride for their school. It is a never-ending story.

"Every day you see at least 10 people wearing something that either says 'East High' or 'Eastsider.' Personally, I think it's great. I love seeing people so full of spirit," said junior **Lacey Chumbley.**

From wearing clothes that either support East High's sports teams to painting their stomachs with "East," Scarlets surpass other schools. There is no spirit like Scarlet spirit.









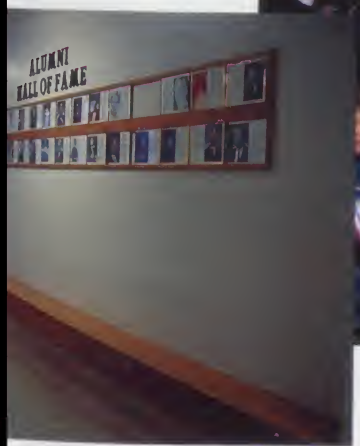











ALUMNI
HALL OF FAME

As senior **Tina Nickerson** looks through the pages of her past yearbooks, the memories start to flow through her mind. She looks at the pictures of her friends from middle school, and her early high school career. Some of these people are still her best friends. Others, she hasn't spoken to in years.

New friendships begin as early as the first day of student's freshmen year. Because of these new friendships, former friendships are often ignored and sometimes even forgotten while others are made even stronger.

Junior **Courtney Bush** said, "I think that one of the reasons that friendships change in high school is because people become more serious with their boyfriend or girlfriend. A lot of times their other friends lose priority because of this."



The transition from middle school to high school is one of the toughest times for students. While many relationships are lost during this period of time, many are gained.

"When I was in middle school, there were a lot of people that I was friends with just because they were fun to be around. Now, I have more friends who I can talk to and am sincere with and I'm not just friends with them for the fun. The friends that I have now in high school help keep me focused and accountable. They help me to be the person that I want to be," said sophomore **Sarah Rowat**.

East High School is home to almost two thousand students. With all of these students comes immense diversity. Because of such diversity, choosing friends can sometimes be a hard thing to do. Because priorities change, friendships must as well.

"I think that friendships change sincerity-wise," said junior **Kevin Bradford**. "In middle school, most of my friendships were not very close. I think that is probably because I knew everyone. In high school, there are lots more people. I've learned to choose my friends wisely. I have fewer friends in general, but more friends that I am sincere with. It's a better quality of friendship."

Another cause of lost friendships is that people change. Students grow up and in turn achieve new interests and needs. No one stays the same forever. Friends that may have once met someone's needs, keeping them strong, may change and no longer fulfill those wants.

Senior **Andrew Van Gundy** said, "Through my four years of high school, I have gotten a lot closer to the people that I want to be friends with. These people support me and don't bring me down. Then there are the people who I was close to once, but have kind of drifted from because they pulled me down."

Despite what changes have been made or will be made in the future, the friendships created in high school play a key role in life and maturity.

"I don't know where I would be right now if I didn't have my friends," said Bradford.

Story By Shannon Stewart
Design By Gina Hughes



















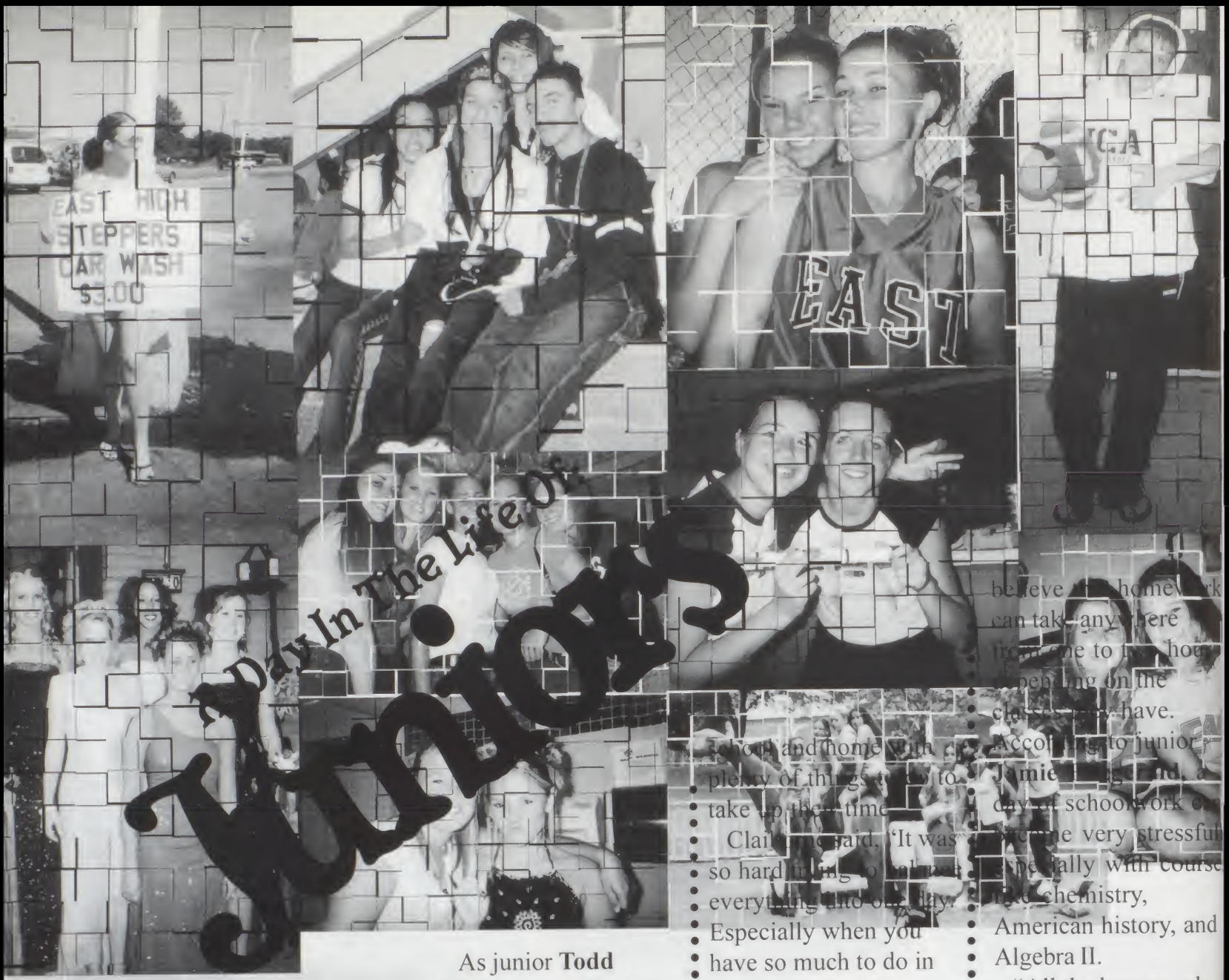






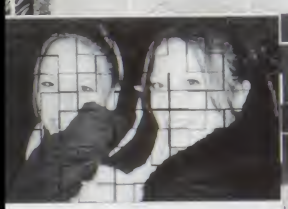
Past Friends till the End

Friends Rule!



A Day In The Life Of Juniors







As junior **Todd Claiborne** walks into his 7th hour class and sits down, he thinks about how he will manage his time for the night. Between after school practice, the hefty homework pile that gathered rapidly throughout the day, and his daily job at Latin King Restaurant Claiborne had a lot to consider.

Claiborne was not the only junior with this overloaded schedule. Most juniors have a very stressful life between school and home with a plenty of things to do to take up the time.

Claiborne said, "It was so hard trying to balance everything into one day. Especially when you have so much to do in such little time."

Before and after school activities are things in a junior's life that take up plenty of time. Whether it is getting up at five a.m. for band practice or staying till 7 for sports, extra-curricular activities become quite hectic, according to junior **Amber Preas**.

"Having so much to do in one day is truly exhausting," said Preas. "Yet I knew when all of my work was done, it was worth it."

Many junior students believe that homework can take anywhere from one to two hours depending on the classes they have. According to junior **Jamie** [illegible], a day of schoolwork can become very stressful especially with courses like chemistry, American history, and Algebra II.

"All the homework just accumulated so fast," said Fitzgerald. "Sometimes I don't know how I got all of it done."

Jobs can also be a large part of a junior's day. Jobs are important to most juniors because they provide money to pay for things such as clothing, cars, and other material items.

"In spite of all the hours that juniors put in for a year, it all pay off in the end," said Claiborne.



Silvia Aguayo-Torres
Bobbie Allen
Alan Althaus
Tyler Althaus
Nickolas Ambroson
Jeremy Amerison
Anishkumar Amrutlal



Christina Anderson
Crystal Antelman
Melinda Appleby
Donald Arpy
Miranda Atchison
Alison Augspurger
Juvenal Avila



Damouck Baccam
Cassi Bainter
Nicholas Bannor
Lindsay Bartling
Matthew Barton
Nicholas Beal
Drew Beals



Jessica Beavers
Daniel Bernardino
Jenifer Berst
Lisa Birt
Robert Black
Kenneth Blair
Kelsey Boattenhamer



Lukas Bolander
Kristine Bolden
Angela Boley
Timothy Bolten
Ashley Botts
Holly Bousselot
Alicia Bowman



Kevin Bradford
Paul Bright
Michael Brinson
Kelsey Brooks
Amanda Brooks-Fernande
Jerica Brown
Katilin Brown



Taryn Brumm
Meaghan Bruner
Amber Buchanan
Nicholas Bunce
Nathan Burgett
Courtney Bush
Kari Bush



Kathryne Byrkett
Jennifer Calvache
Jacob Campbell
Helio Canas, Jr.
Zaida Canas
Ramiro Cardenas
Zachariah Carpenter

Jarell Carson
Mikea Carson
Adam Carson-Sparks
Anthony Carter
Erica Carter
Christopher Casillas
Kimberly Cavan

Gustavo Ceballos
Saul Ceballos
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Dawn Chapman
Amanda Christie
Lacey Chumbley
Todd Claiborne

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Tina Hart
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Heidi Hedberg
Chasta Heim-Parker
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Monica Hernandez
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Harley Hill
Robert Hill
Dean Hoang Van
Christopher Hochmuth
Samantha Holmes



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Jodi Housley
Tiffany Howser
Joseph Huffman
Thuy Huynh
Rahni Janssen
Jenny Jensen

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Sobe John
Chadrick Johnson
Derrick Johnson
Jacqueline Johnson
Jamie Johnson
Jon Johnson

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Tyrone Johnson, Jr.
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Andrew Kalwishky
Khonesavanh Kavan
Inpone Khanthavong

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Kyle King
Nicole Kouri
Celeste Lacona
Wesley Lammey
Brody Landers
Nicholas Lange

Crystal Larson
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Judy Leach
Pedro Leanos
Brian Lee
Brittney Lee
Chamee Lee

Jordan Lee
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Jasmine Lewellin
Jerome Lewis
David Lloyd
Tyler Locke
Elyse Logan

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Jammy Lovan
Katy Lovan
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Mayra Ortega
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Julia Phillips
Marybeth Phillips



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John Pray
Amber Preas
Luis Quintanar



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Magda Ramirez
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Raymond Rodgers
Dereck Rodriguez

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Rohey Sallah
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Suzan Sanachit
Anna Scarbrough
Joseph Schamerhorn

Daniel Schultz
Shirandi Scott
Travis Scott
Kevin Senephansiri
Sunny Sengaphone
Anousone Sengsirivanh
Mark Sherrard

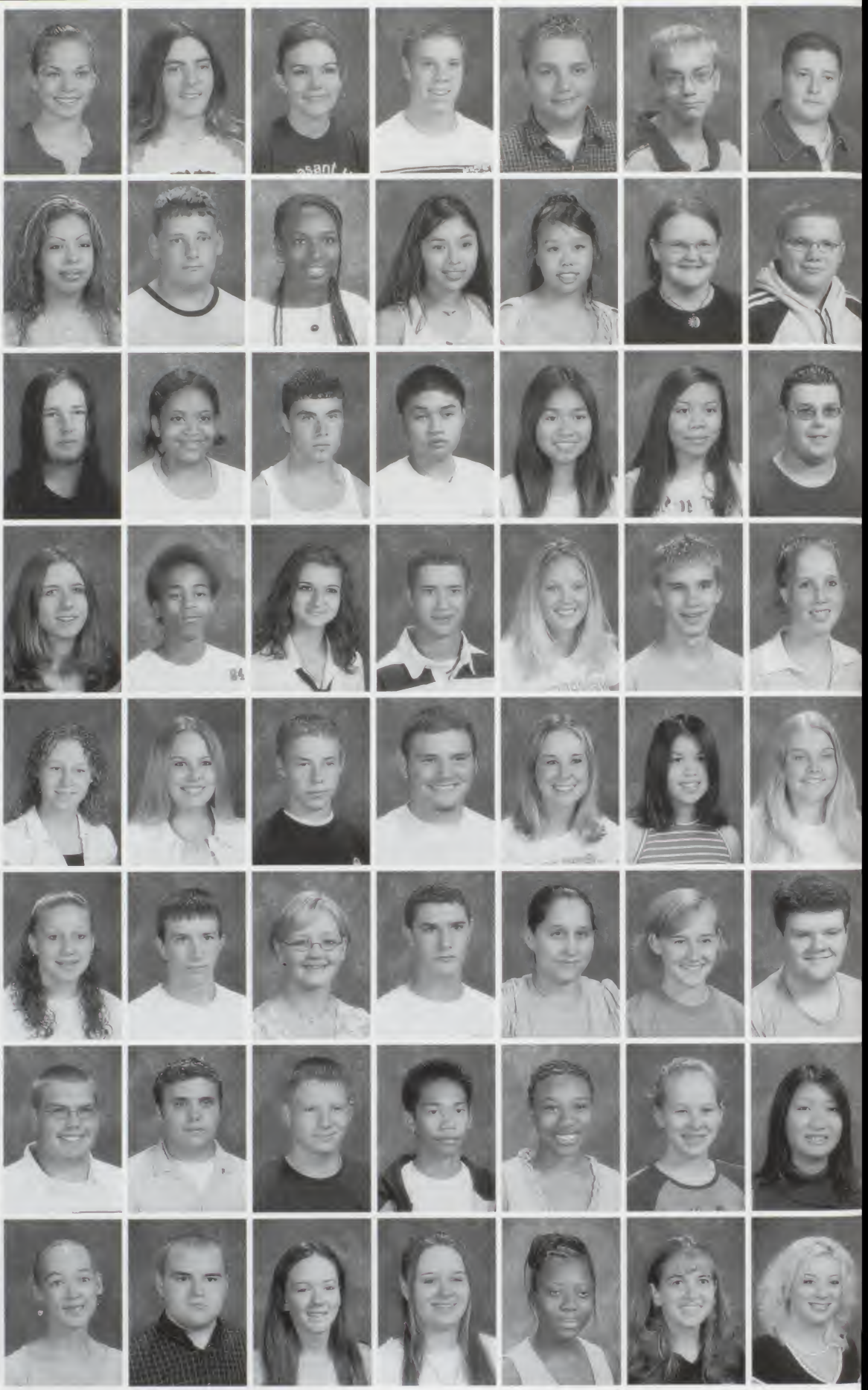
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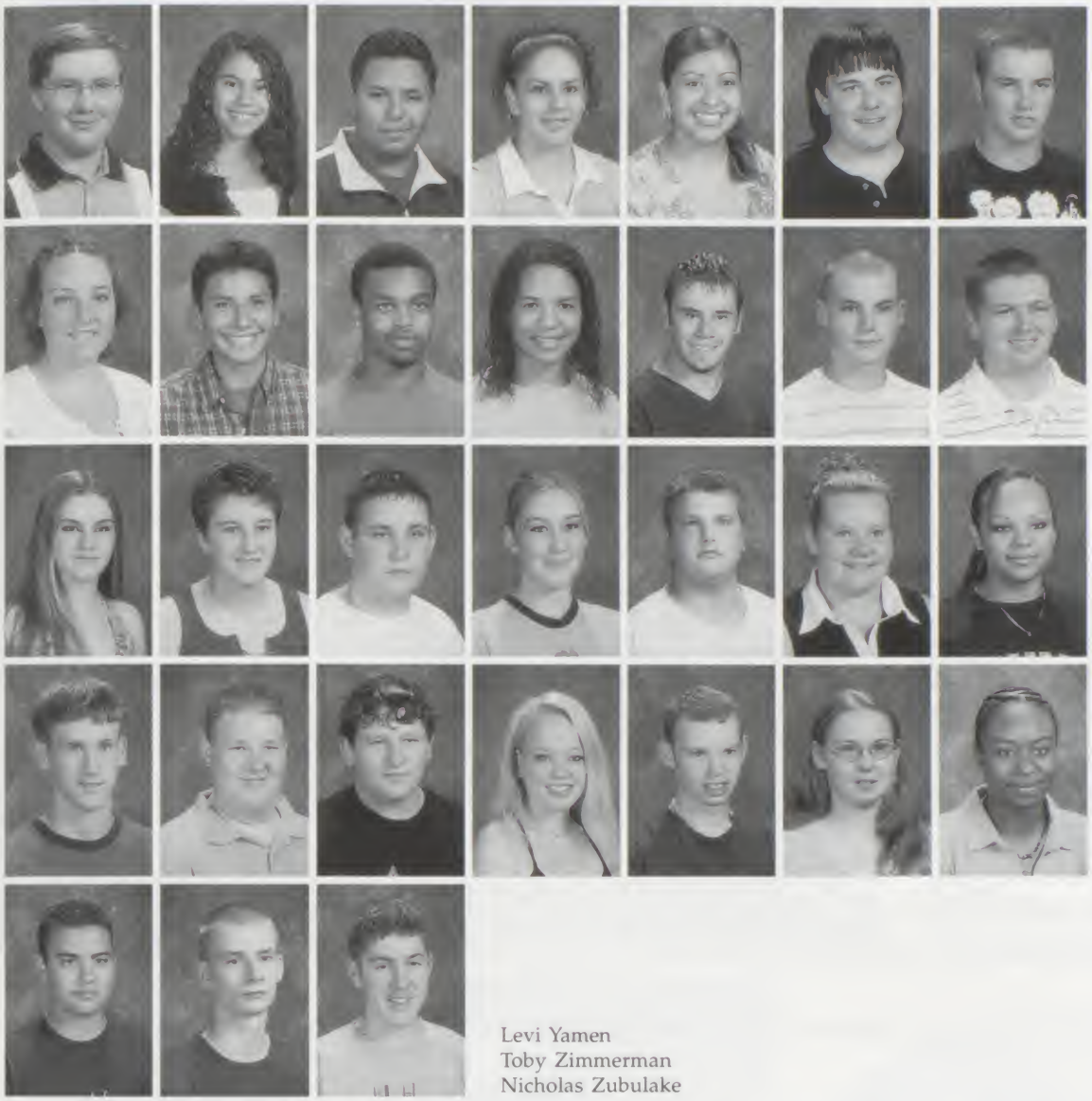
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Shelby Speck

Stacey Spencer
Adam Spooner
Raelynn Steenblock
Kale Stephens
Amanda Steward
Shannon Stewart
Trevor Stewart

Andrew Strahl
Patrick Suggett
Scott Sullivan
Chrisna Sunny
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Nicole Taylor
Sisamone Thammaroth

Melissa Thompson
Dusty Tilton
Sharon Tonsi
Krystal Tucker
Tina Turner
Amber Tyler
Kerry Tyler





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Craig Whitney
Elizabeth Whitney
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Ann Williams

Travis Williams
Todd Wilson
Tom Wilson
Shawna Wolfe
Chaz Wood
Chelsey Wood
Jamila Yakubu

Levi Yamen
Toby Zimmerman
Nicholas Zubulake

Missing In ACTION

Kevin Alarcon
Jeremy Bales
Jeremiah Bedwell
Richard Bolden
Kristin Byrd
Amanda Conner
Leon Drayton
Perry Erickson
David Ezzio
Rick Fontana
Marvin Harris, Jr.
Jeffrey Haus
Jessica Hayes
Andrew Hook
Jeffery Jones
Amela Kahrimanovic
Kathy Leothi
Jamie Martin
Julian Matias
Floyd Perry
Jorge Ramirez
Ashton Sauls
Paul Shipman
Lisa Simmons
Mirjana Vojvodic
Javon Washington
Chasity Whisenand
Krystal Worthington
Clifford Wright
Jeremiah Yassin
Norberto Zuniga

Juniors



I don't want to grow up...

Design and Layout
By Cassi Bainter



After 3 long years, the wait is finally over and many juniors are anxious to make the hectic transition to senior status. This change starts a new phase in their lives, which then brings more responsibilities and expectations. Their last year of high school may seem like a breeze, but many are starting to feel a burden, and are thinking, "Wait, I'm not ready!"

"I really don't want to become a senior and then go on to college and leave all my friends behind," said junior **Dustin Westlake**. "I have made so many memories already and to just have one year left, it's just not fair."

Some say that a student's junior year is supposed to be the hardest year, but for some that doesn't seem to be true.

"It's not that hard, you just have to keep your head on your shoulders and keep up with things and it won't be that hard," said junior **Nicole Waldron**.

Expectations in life get higher and teachers want more out of you. Responsibilities increase, not only at school but at home as well. Assemblies, group activities, work, homework, car problems, and money all provide memories, though. Locking your keys in your car when it's still running, going to a Halloween party and playing games with friends are common memories of students.

"I remember when a bunch of friends and I were at the playoff game versus Ankeny. It was so cold," said junior **Shelby Speck**. "Every time we would run the ball or get a touchdown we would jump up and down, falling down or just going crazy."

When students are involved with school activities they sometimes have a hard time maintaining a job and getting everything done. To make that pretty penny for when college rolls around be sure to work aggressively.

"Work is hard to maintain, I usually have to work on weekends because of my busy schedule during the week," said junior **Sharon Tonsi**.

Memories are what really count when in high school, but memories mean the most the junior class.



Spending time with people who mean the most is what **Katie Long**, **Katelin Eaton**, **Ashlee Rankin**, **Taryn Brumm** and **Carissa Hibben** really remember.



H[illegible] place fo[illegible] and Shannon [illegible]ber great tim[illegible].



Best friends since pre-school, **Erika Mullin** and **Amy Miller** are still inseparable.



Weird cousins for life, **Tim Bolten** and **Jeremy Miller** love working on the Scroll and will remember it as one of their best experiences.



To relieve stress from yearbook work, **Erica Sholley**, **Thuy Huynh**, **Amanda Khodai**, and **Jessica Hayes** meditate.



Sophomores

David Abell
Gabriela Aguayo
Artemio Aguilar
Brenda Aguirre
Andrew Alexander
Heather Alexander
Joshua Allison



Juanita Alvarado
Leonardo Alvarado
Nilam Amrutlal
Abel Andrade
Brandon Andrews
Todd Appleby
Jennifer Armstrong



Mendi Armstrong
Cristal Arroyo
Jacob Atkins
Teri Ayres
Ashley Baccam
Melinda Baccam
Robert Banner





Julia Baray
John Barnes
Robert Barr
Grisel Barron
Elvis Bartley
Kathryn Bauman
Angela Baumeister



Lacey Baze
Eugene Beakler
Ryan Beckett
Christopher Belger
Dax Bell
Genesis Beltran
Christopher Bennink



Cari Berg
Brian Berst
Arielle Bishop
Janice Bitters
Jonathan Bixler
Brittany Black
David Blaine



Terrie-Aphany Bonds
Shannon Borgia
Benjamin Borts
Sunny Bounyalath
Taylie Brayman
Meredith Breton
Amanda Britt



Amber Brooks
Bobby Brown
Damien Brown
Jennifer Brown
Tiffanie Brown
Ashley Buch
Kelsey Burns



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Julia Byers
Samantha Byrd
Veronica Cain
Lesly Canas
Danielle Cannon
Jessica Cantwell



Mindy Carey
Tiffany Carlson
Kashif Carson
Joseph Carter
Kenneth Casebolt
Cory Cason
Eric Cavan



Ted Cavan
Veasna Chan
Connie Chang
Randy Chanthavong
Amanda Charlson
Mark Christiansen
Stephanie Chubb

Randall Clark
Tamara Clark
Jessica Cockerham
Valerie Coe
Andrew Coffman
Robert Coffman
Brittani Coleman

Melissa Coleman
Nohemy Contreras
Bryant Cooks
Duston Cooper
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Ashley Cortez
Colin Coulter

Brandi Cram
Adam Crane
Thomas Cross
Anthony Crowder
Ben Crowder
Jenna Crum
Sheena Cunningham

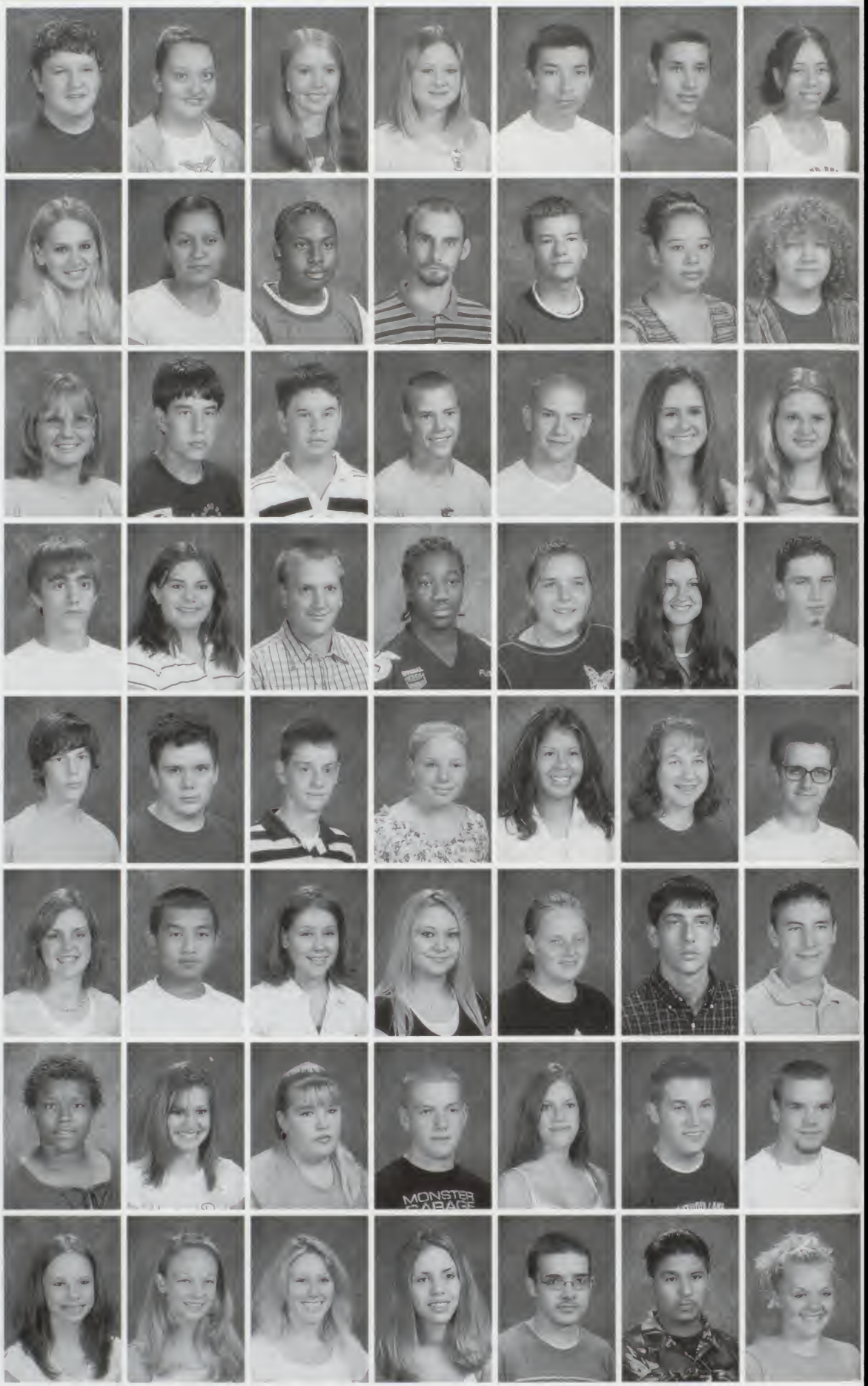
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Micheal Dellaca

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Justin Denham
Amy Denning
Ana Diaz
Rachel Diver
David Dorsey

Jenna Doty
Darong Douch
Kayla Dudley
Reana Duric
Randi Durrett
Joshua Eaton
Nicholas Eaton

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Madison Ezzio
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Kasara Felts
Mary Ferrell
Emilie Fessler-Boylan
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Randy Fudge
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Sierra Gallardo



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Desirae Gillespie
Rickie Gilmore
Dermonta Gines
Adan Gomez
Andres Gomez



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Luis Gomez
Adolfo Gonzalez
Brendon Good
Brandi Graspy
Lucas Griffith
Jennifer Grimes



Matthew Grochala
Deana Grooms
Jennifer Grove
Kennaye Grutel
Yesenia Guerra
Emmanuel Guzman
Brent Hall



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Falisha Hammer
Joshua Hanawalt
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Tessa Hartman
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Taja Hollimon
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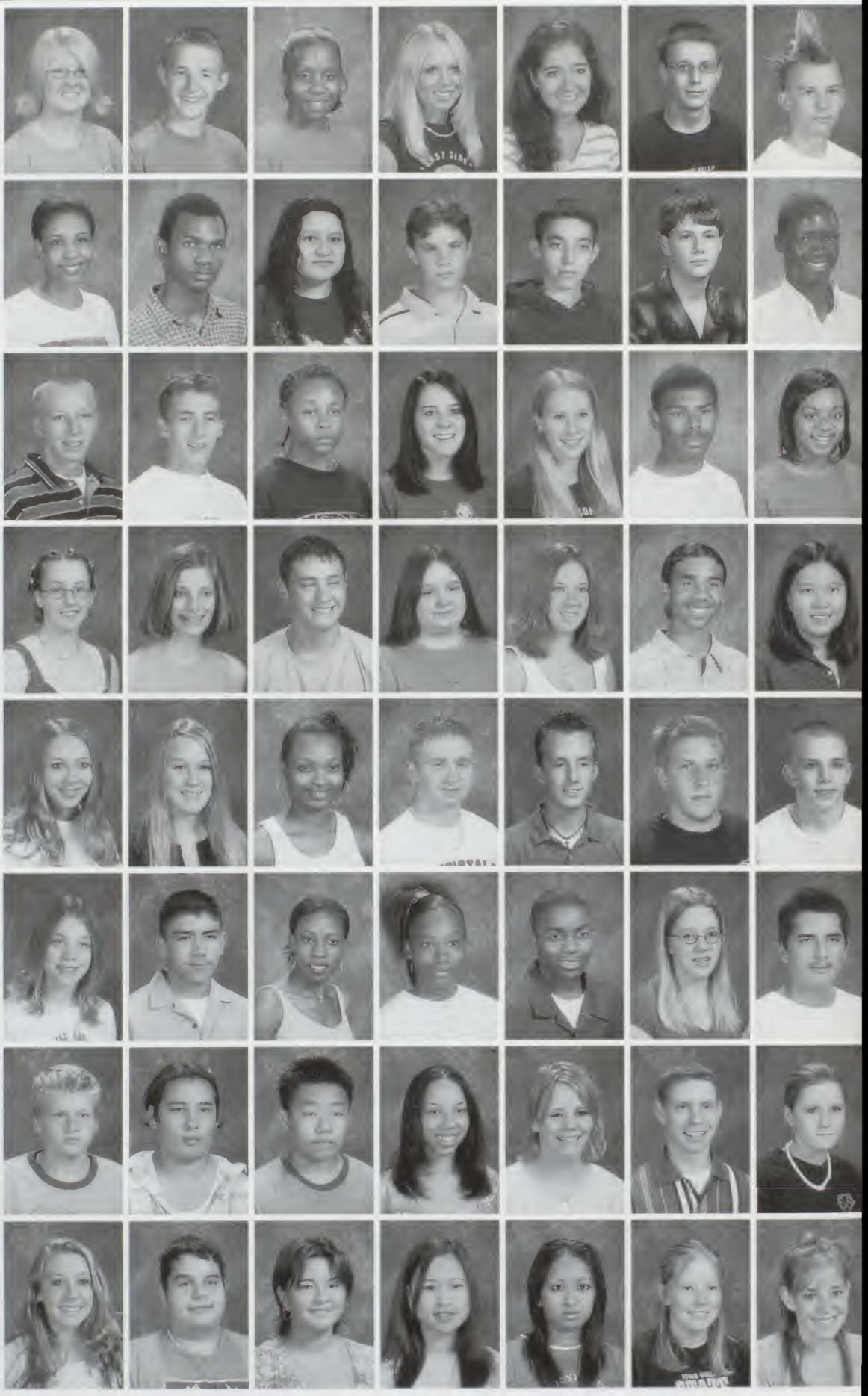
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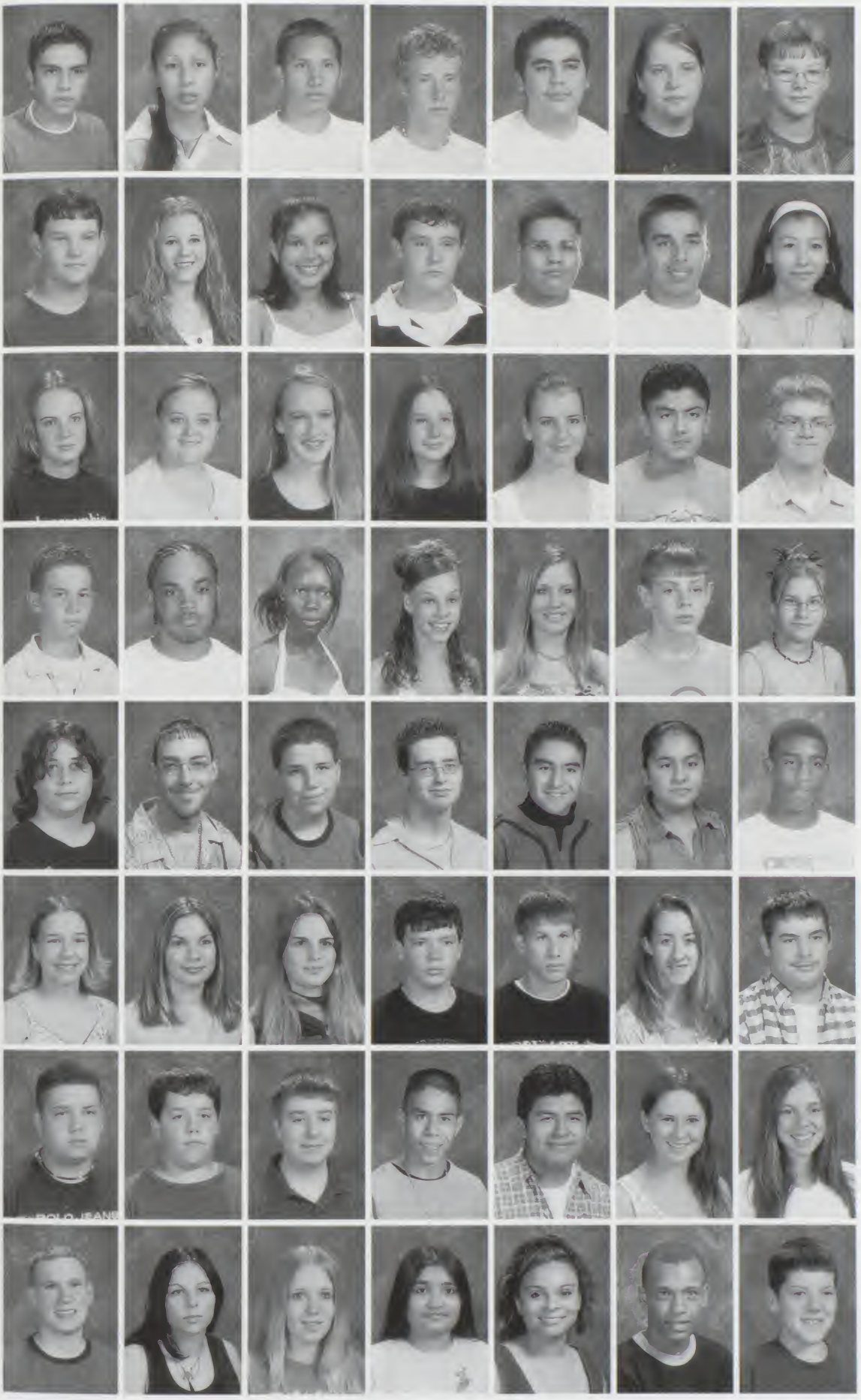
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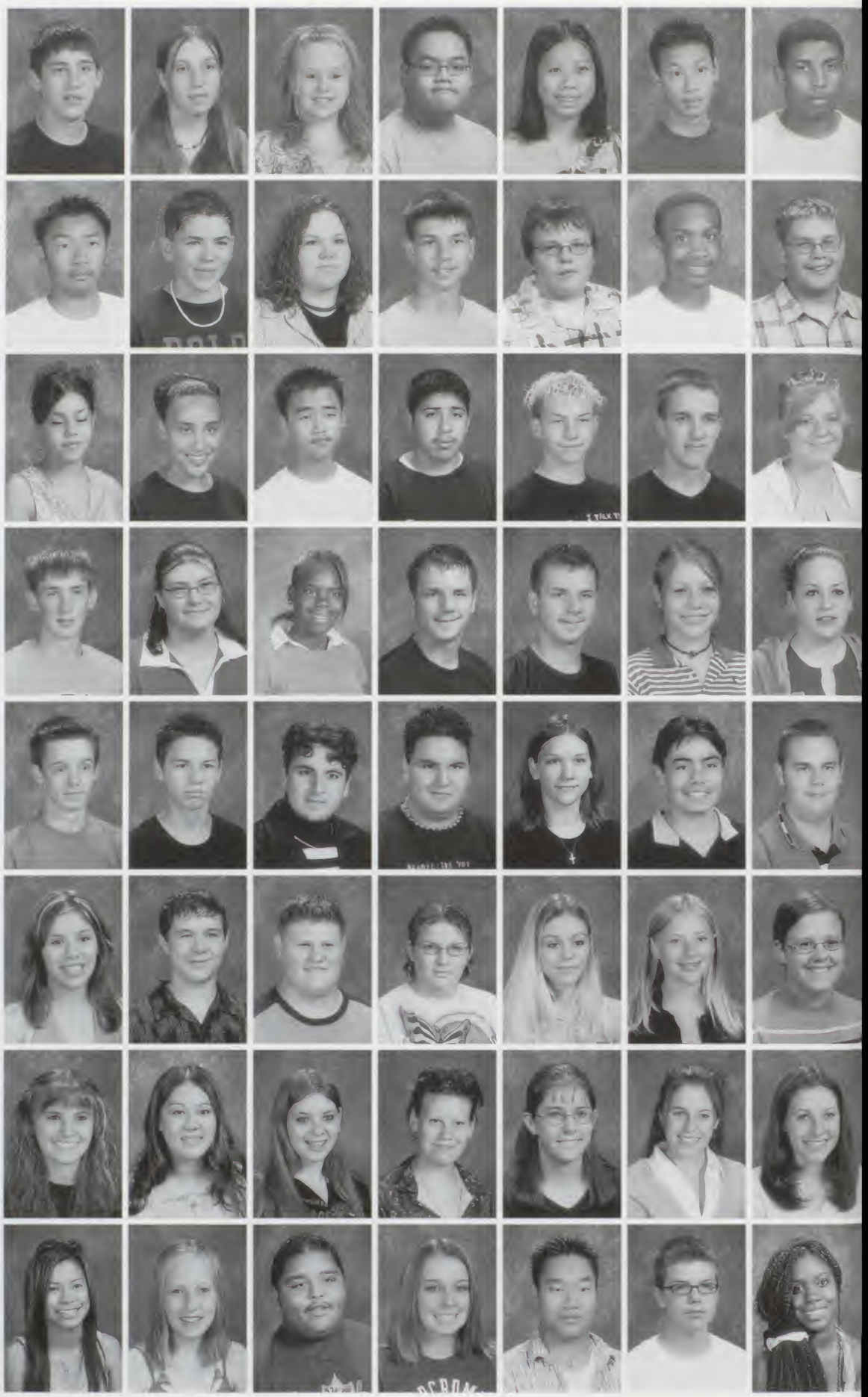
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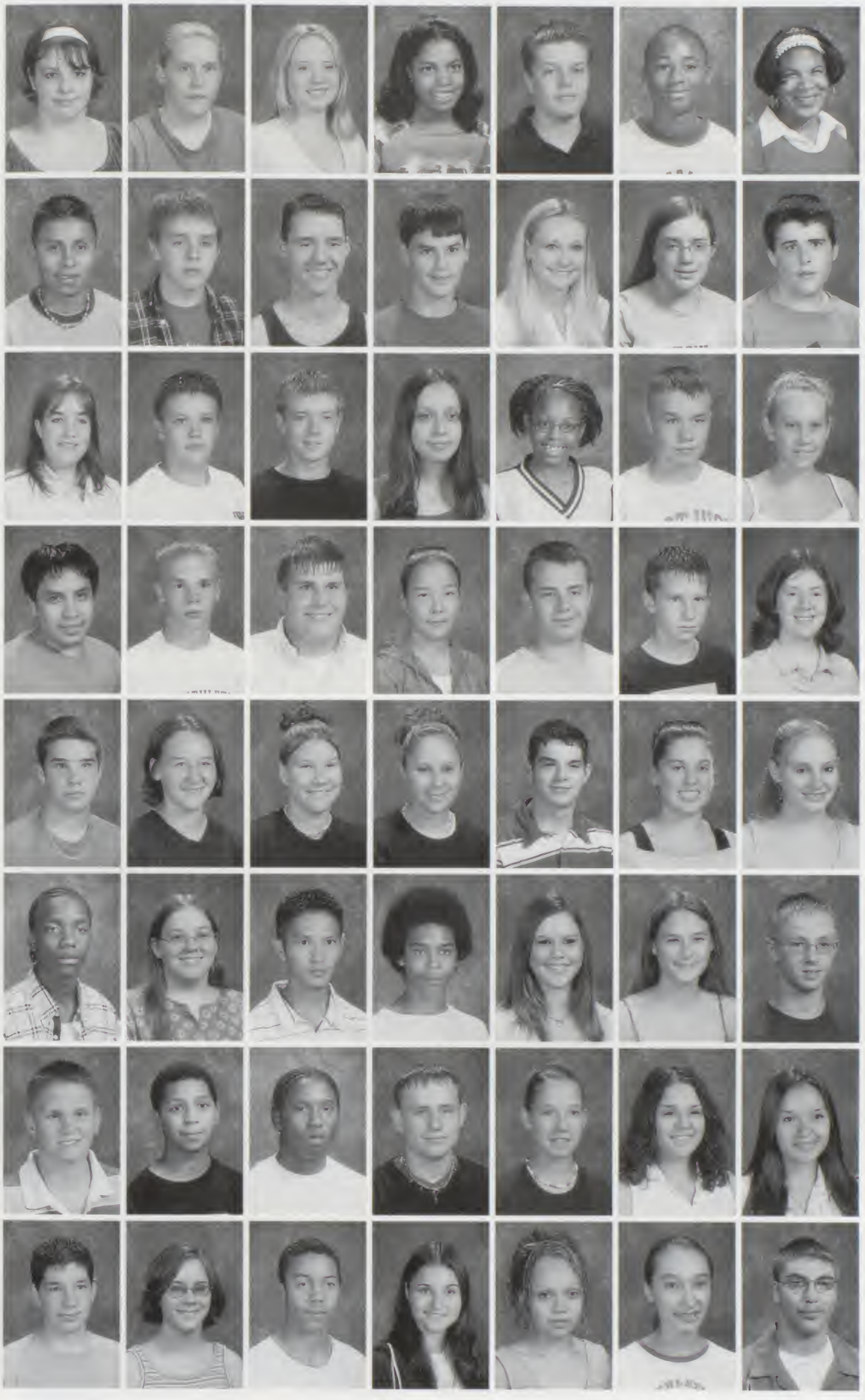
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The Long Road Ahead

The future is a bright one, especially in the eyes of the sophomores at East. Looking down the long tunnel of life, they see a bright shining light ahead. Sophomores have goals and can see them within their reach.

This year I saw quite a few sophomores coming in and getting information on colleges, the ACTs and the SATs, said counselor secretary Pat Bushong. It s refreshing to see more students wanting to be involved.

Other faculty and even upperclassmen say they ve seen a difference this year.

There are a lot more sophomores asking questions and wanting to be involved, said senior and Key Club president Josh Young.

So, just what is this that is pushing the sophomores along? Sophomore Katie Sawhill thinks it may be the atmosphere they are around.

There are so many groups to belong to now, and everyone is always saying you should join because we do a lot of cool things, and people do join, not only because they do cool stuff, but because it helps when you go to college, said Sawhill.

Besides being involved, grades are another factor when looking into the future. Sophomore Mallory Johnson knows that first hand.

I try really hard to get good grades, said Johnson. I know that if I can keep my 4.0 GPA then I can get a scholarship into a good college.

Going to college seems to be the ultimate goal of toda s teens. In comparison to ten years more adolescents are brought up with the idea of college i mind.

I remember when I was in high school and the majority of my friends already had their careers in mind only a few were interested in college, said Kaye Bosely an EHS alum from 1981.

In the eyes of many, this is a good thing. Most jo today require a college degree of some sort.

I know I m going to college, the problem is the money, said Johnson. I know if I keep up my good grades I c get scholarships to help me.

Maintaining good grades and starting the college sea early gives a student an advantage.

I think that being involved in high school and keepin your grades up will definitely help out when applying fo college, said Sawhill. In the end it will be worth i because you can have a better choice of colleges.

-Amber Zenor



Imogene Vang
Kou Vang
Seashia Vang
Shara Vanweelden
Vanessa Vega
Jason Viengvilayvong
Jacob Vincent



Scott Vulgamott
Shannon Wagner
Almeda Walker
Ashli Walker
Richard Walker
Taylor Walker
Andrew Wall



Dustin Wallace
Tomeeka Walton
Marilyn Warner
Lindley Warren
Samantha Waters
Christopher Watland
Blake Weiland



Jessie Welch
John Wells
Daniel West
Victoria West
Marc Whalen
Anthony Whelchel
Ashley White









Michael White
Steven Wieskamp
Bryan Williams
Dayna Williams
Michael Williamson
Melanie Woltz
Donna Wonders

Joshua Woolson
Cody Wren
Jeff Wright
Mathew Wright
Outhai Xaysana
Yout Yingyoth
Cheyanne Young

Michael Young
Tonessa Young
Joshua Ziegler
Gregory Zubulake
Amanda Zust

Lost In the Crowd

Joel Alvarado
Jairo Alvarez
Brian Cason
Collin Close
Joseph Coates
Andrew Coffman
Robert Coffman

Adam Crasper-Gray
Benjamen Crowder
Casey Dobberthein
Shawn Dugan
Martin Duron
Ashley Etter
Justin Fast

Kendy Guzman
Terry Haus
Nicholas Higgins
Randi Hopkins
Eihad Ibrahim
Tashawnda Johnson
Cordara Lewis

Ashley McGuire
Jared McNeal
Daeron Merrett
Bobin Mickens
Jeremy Moon
David Negrete
Manuel Olmedo

Ruben Ordaz
Javier Robles
Tanya Sandoval
Lakesha Stigler
Corey Taylor
Branden Thomas
Mariesha Thomas

Sophomores look into the future...



Freshmen



Adrianna Acosta
Forrest Adams
Joshua Adams
Esther Aguilar
Ernie Albarran
Rachel Alexander
Shawnique Alexander

Rambo Aloung
Karl Althaus
Jerrica Amerison
Kelsey Anderson
Wandalee Anderson
Jose Andrade
Jacob Andrews

Princess Andrews
Amanda Archer
Brad Archer
Heather Atchison
Michael Auch
Katosha Aunspach
Cory Babcock



Daniel Baccam
Melissa Baccam
Elizabeth Bailey
Shane Bainter
Latez Baldwin
Benjamin Ballard
Felicia Baltzley



Tyraei Barber
Kayse Barker
Joey Batey
Jami Bauer
Ruben Bautista
Trevor Beals
Jackie Beaman



Ian Beck
Jeffrey Beede
Shantel Bell
Aaron Bembenek
Melvin Benitez
Brandie Bennett
Lacey Bergan



Joseph Bernardino
Tamara Biery
Adam Binder
Jessica Bitting
Stephanie Blaine
Bobbiejo Blair
Claudia Blanco



Douglas Blom
Haley Boattenhamer
Kayla Bohall
Vanessa Boley
Manuel Bonilla
Jami Bowen
Tequila Bragg



Thomas Breheny
Alison Brooks
Edward Brooks
Kevin B. Brooks
Kevin M. Brooks
Ryan Brouwer
Aaron Brown



Blake Brown
Brandon Brown
John Brown
Nicholas Brown
Stephanie Brown
Natasha Brumbaugh
Kalen Burgess



Alexandra Burgett
Amanda Burgett
Jacob Burkhead
Lorena Bustamante
Deron Butts
Matthew Butts
Jennifer Byrkett

Pierrie Cain
Sean Calaway
Anthony Calvache
Samantha Cam
Abigail Campbell
Eldon Campos-Anderson
Jennifer Cantwell

Hoang Cao
Matthew Carlson
Joseph Carr
Dalila Carrasco
Jeanette Carrington
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Linda Carter

Valencia Cason
Max Cavan
Tyler Cavan
Juana Ceballos
Judith Ceballos
Donald Celander
Leonard Chandler

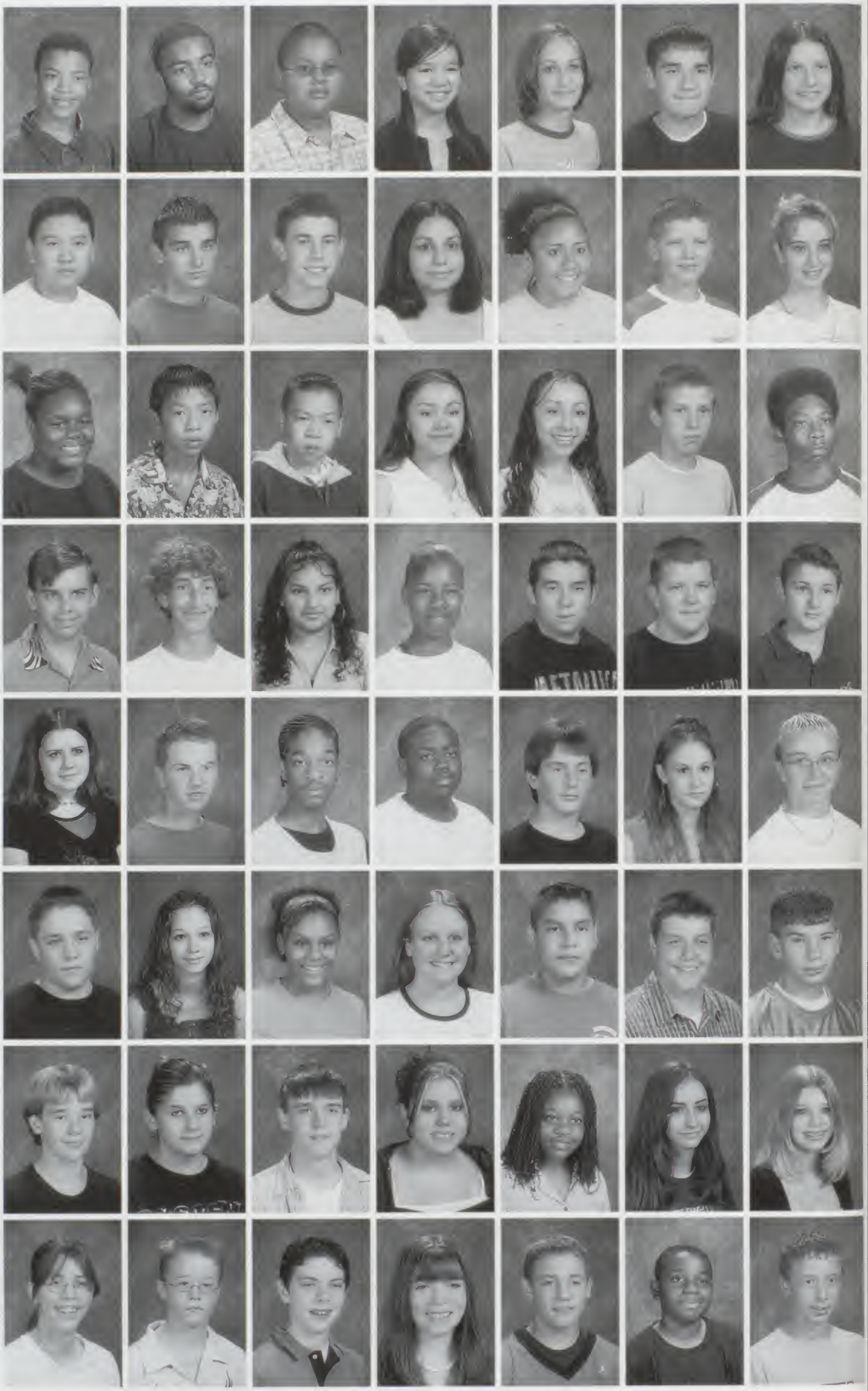
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Daniel Cochran

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Rene Contreras
Joshua Cook
Jeffery Courtney

Ronald Cowles
Chaney Crabb
Ray Crowe
Alicia Dale
Jalesa Daniels
Leah Dank
Sierra Darby

Tiffany Daugharthy
Brandon Daugherty
Carlton Davis
Chantelle Davis
Christopher Davis
Larry Davis
Lucas Davis





Mary Davis
Staci Davis
Tylor Davis
Jennifer Davison
Abigail Dawson
Emily Dearchs
Daniel Deaver



Aaron Degoey
Kaylena Dejulian
Edgar Delgado
Thomas Dellaca
Aaron Densley
Jessy Dentler
Chelsea Devilbiss



Bojan Djukic
Jessica Do
Cherish Dobberthein
Darie Douch
Joshua Douglas
Austin Draude
Denise Drayton



Jerilyn Dudley
Brian Dullard
Holly Eddinger
Michelle Eddinger
Angela Edwards
Kacie Eggen
Era Elliott



Emily Ellis
Deairess English
Amanda Enochs
Lindzy Enos
Gustavo Escobedo
Paulina Escobedo
Cynthia Estrada



Imelda Estrada
Ashley Etter
Bradley Evans
Douglas Feldmann
Dang Felton
Adam Fisher
Tanner Fisher



Amy Flaherty
Lacy Flaherty
Kimberly Fleming
Noe Flores
Roberto Flores
Michael Foreman
Allen Fortner



Breanna Fousek
Rachael Fowler
Scott Fowler
Michael Franklin
Demetruis Frazier
Jennifer Fritz
Robert Frye

Shane Fryhoff
Samantha Gagle
Kasahara Gale-Ridgeway
Micaela Galvan
Guadalupe Garcia
Paula Garcia
Amanda Gathercole



Jeffrey Gering
Timothy Gibson
Stephaney Gillihan
Claire Glover
Kayla Goffman
John Goheen
Jason Golden



Olegario Gomez
Adam Goodpaster
Angelica Gray
Andrea Green
Kyree Greene
Melody Gregg
Steven Grim



Hannah Grimm
Abigail Grover
Ruben Guerrero
Andrea Gulling
Gregory Gunia
Rashawnda Gunn
Johnathan Hague



Ashley Hale
Derek Hale
Stephanie Halferty
Stuart Hall
Joshua Halverson
Sara Hanlin
Anthony Hansen



Hannah Harclerode
Trevor Harger
Jessica Hargis
Nathaniel Harlow
Jennifer Harmon
Michael Harmsen
B. J. Harvey



Andrew Harwood
Sahara Harwood
Dustin Hatfield
Brian Heaberlin
Kenneth Heathcote
Ryley Hedberg
Anthony Helm



Kaeli Helm
Tiffany Helm
Jonathan Hendricks
Mechell Hendricks
Erica Hernandez
Jessica Hernandez
Jose Hernandez





Nikita Hernandez
Meredith Heuermann
Brandon Hick
Ryan Hilding
Christian Hill
James Hill
Leslie Hill



Tyler Hill
James Hilt
Hassan Hired
Marquetta Holder
Tyler Holmes
Chelsie Hon
Blake Horch



Julena Houge
John Houston
Ricky How
Joshua Howard
Chen Yao Huang
Andrew Huberty
Andre Huddleston



Benjamin Hurley
Christopher Huynh
Oanh Huynh
Sara Inman
Kim Irving
Neil Issa
Johnny Jackson



Anthony Janssen
Matthew Jeffers
Jesse Jeffries
Ronnie Jeffries
Adam Jensen
Allison Jensen
James Jewell



Cristobal Jimenez
Eric Johnson
Jerry Johnson
Mykenya Johnson
Ryan Johnson
Sylvia Johnson
Trista Johnson



Angela Jones
Ashley Jones
Hope Jones
Aaron Jordan
Whitney Kappelman
Michael Kelleher



Jenna Kellen
George Kellogg
Shane Kellow
Whitney Kelly
Chase Kemp
Megan Kennedy
Stephanie Kernes

Patrick Kerr
Jessica Khammany
Vilailack Kheuakham
Mitchell Khoangvan
Diw Kiir
Kyle Kilby
Kelsey King

MacHelle King
Andrew Kingery
Timothy Kommavongsa
Thiky Kovangthi
George Kranovich
Charity Krivolavy
Michael Kuehler

Shawniece Lamay
Joel Lange
Tyler Larson
Dawayne Leach
David Leanos
Michael Leanos
Marilu Lechuga

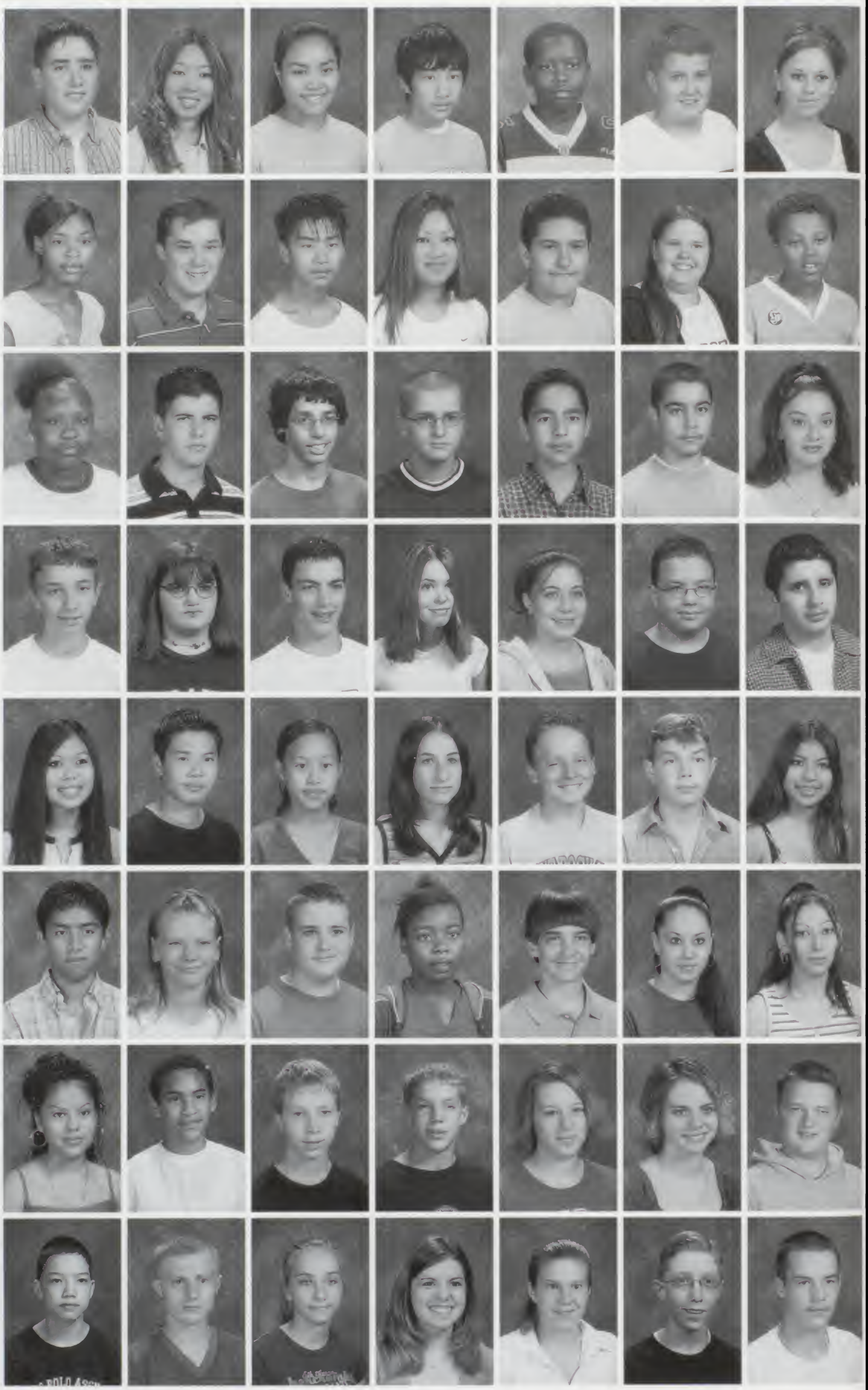
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Megan Lloyd
Bryan Loftus
Jackie Long
Stephanie Lord
Nicholas Lovan
Anthony Lozano

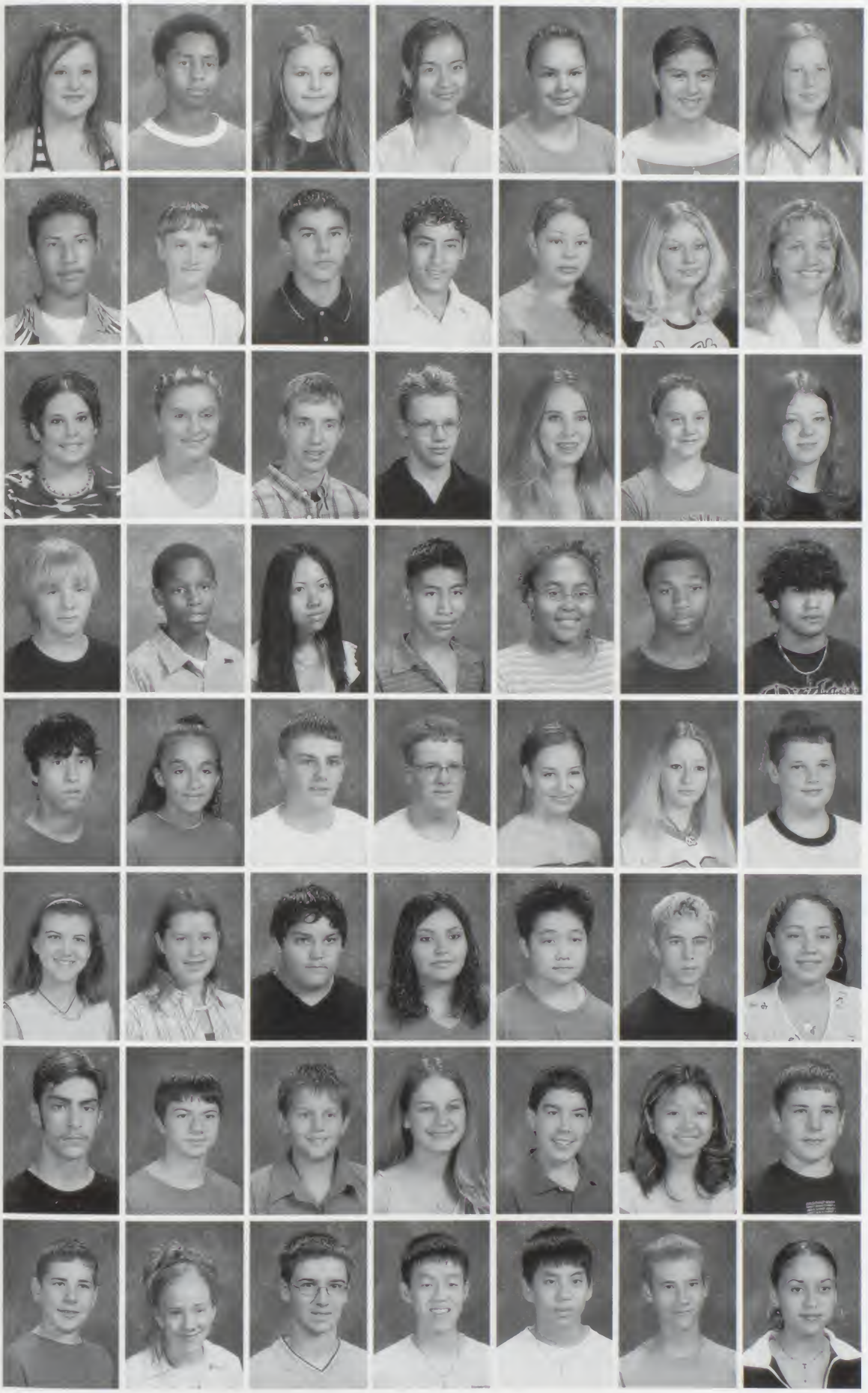
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Thinh Luong
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Cody Lyons
Andrew Maassen
Gabriela MacEda

Ignacio MacEda
Linda Madison
Russell Madison
Rebecca Mallett
Joshua Maples
Kylie Marble
Yesenia Marquez

Carla Marroquin
Jermeze Martin
Aaron Martz
Dustin McAninch
Victoria McCann
Ashley McCarty
Mark McCaughey

Steven McClish
Tom McConnell
Kimberly McCoy
Kathleen McCuddin
Jennifer McDaniel
Chad McDonnell
David McElvogue





Lynsie McElvogue
Trenton McGee
Amber Meacham
Iris Medina
Miriam Medina
Raquel Melendez
Natasha Mendenhall

Luis Mendoza
Charles Mercer
Shea Meyer
Cesar Meza
Jessica Meza-Lechuga
Amy Michael
Nicole Miles

Aimee Miller
Amber Miller
Logan Miller
Matthew Miller
Taylor Miller
Colleen Mills
Jennifer Mills

Shane Mills
De Marcus Mitchell
Monica Mom
Erick Montesinos
Marguerite Moore
Treyron Moore
George Morales

Gustavo Moraza
Susan Moreno
Casey Morgan
Shane Morgan
Amber Morrill
Katie Morrison
Jacob Morton

Karissa Morton
Katelyn Moses
Brandon Mosqueda
Jessica Mosqueda
Chin Moua
Zachary Mullin
Sofia Munoz

Arin Murphy
Nicholas Murphy
Brayden Murray
Breanna Murray
Joshua Myers
Manichanh Naonady
Lucas Neal

Luke Neal
Tamisha Newberry
Nicholas Newcomb
Hoang Nguyen
Lom Nguyen
Cody Nieland
Mayra Nieto

Dustin Noble
Matthew Norton
Kelsey Obermeier
Rolando Ochoa
David Ogg
Silvia Olmos
Rachel Olson

Miriam Ordaz
Joshua Ortega
Chad Ortiz
Kindra Osborn
Bobbi Padgett
Mario Pagano
Eric Page

Thomas Page
Nyakoma Paleak
David Parker
Rosalie Patrick
Scotty Patterson
Griselda Paz
Kayla Pearson

T. Peavey
Shayne Pegg
Milton Peralta
Alisha Perkins
Mark Perkins
Sarah Perkins
Joey Petersen

Carrie Petrie
Isac Pettinger
Kelli Pettinger
Thomas Phanphasy
Rebecca Phillips
Matthew Phongvixay
Jessica Poe

Larry Polson
Aaron Pray
Maria Pray
Channing Quinn
Jennifer Radley
Elena Ramirez
Chelsey Randolph

Corey Rankins
Elisiel Raygoza
Nicole Rayman
Kyle Reasoner
Rebecca Rees
Michelle Reimers
Sarah Reinier

Ryan Remus
Diana Reyes
Francisco Reyes
Jesus Reyes
Bryant Reynolds
Nicole Ricca
Justin Rice



Annette Riggan
Joseph Riley
Misty Ritter
Samantha Ritter
Alicha Rivas
Joseph Rivas
Kirk Rivas



Armando Rivera
Jesse Rivera
Reyna Rivera
Brittney Robbins
Nikki Robbins
Patricia Robbins
Charles Robinson



Cody Robinson
Ronald Robinson
Quantrell Roby
Zakia Roby
Juan Rodriguez
Robert Rogers
Benjamin Rokes



Morgan Roland
Matthew Rose
Sasha Rumage
Anthony Rumbaugh
Holly Russell
Josie Sacco
Chirasath Saenvong



Dashiell Saenz
Juan Salas
Maria Salas
Amara Sama
Daniel Sanchez
Jose Sanchez
Oswaldo Sanchez



Melissa Sapp
Kristy Sargent
Desirae Sawyer
Nicholas Schaff
Carter Schieffer
Amber Schmidt
Amanda Schmit



Nathan Schnoebelen
Branden Scopa
Brian Scott
Donte Scott
Toni Scott
Reannah Segovia
Dalton Senecaut



Christopher Sexton
Elija Seymour
Justan Shipley
Steven Sholley
Brandie Shook
Justin Short
Natasha Siders

Colten Sigler
Amanda Signs
Brandy Sisamouth
Amanda Smith
Angel Smith
Christian Smith
Christopher Smith



Davontray Smith
Derrick Smith
Katie Smith
Katy Smith
Kiawanna Smith
Mallory Smith
Matthew R. Smith



Matthew R. Smith
Michael Smith
Randy Smith
Randy L. Smith
Trenton Smith
Vanessa Smith
Whitney Smith



Mary Son
Christopher Sorensen
Katherine Sorensen
Davone Souksaengmany
William Sowder
Addison Speck
Darcey Spencer



Cody Spurgeon
Sanja Stankovic
Cassandra Stapes
Donald Steele
Robert Stephen
Michael Stewart
Tanya Stewart



Belinda Stigler
George Stish
Paige Stock
Melanie Stout
Ryan Stout
Joshua Strother
Sarah Stroud



Katie Sturtz
Denise Sumabat
Christopher Sunny
Michelle Sutherland
Jason Swinehart
Amy Tarr
Janeica Terry



Shannon Terry
Christina Tharp
Kayla Tharp
Matha Theppanya
Lucas Thevenot
Aaron Thomas
Erin Thomas





Amanda Thompson
Heather Thompson
Jamie Thrasher
Linsey Thurmond
Stephanie Titus
Shawntae Tomlinson
Brett Toncar



Christina Townsend
Nicole Townsley
Kelsey Treen
Jason Trehy
Jose Trejo
Jasmine Tyler
Melissa Uvalle



Orlando Valadez
Jeffrey Van Deo
Amy Van Gundy
Tyler Van Winkle
Corey Vandenhemel
Felicia Vandervelden
Emanual Vandyke



Jiear Vang
Joey Vang
Sebastian Vang
Ashley Vangorp
Brooke Vangundy
Adam VanHelten
Phonesiri Vanvongthong



Phonethip Vanvongthong
Zachary Vaske
Anais Vega-Rocha
Reyna Velasquez
Stefen Vigil
Beverly Wagner
Amanda Walker



Zachary Walker
Brandon Watkins
Quintin Watley
John Watson
Liz Way
Roseanna Weaver
Justin Webb



Andrew Weber
Alicia Weinman
Brittney Weiss
Trinity Welch
Ashley Wessel
Matthew West
Angela Western



Andrea White
Benjamin White
Brooke Wilber
Michelle Wilbert
Danielle Williams
Daric Williams
Molly Williams

Walker To Class





Shawn Williams
Sydney Williams
Travis Williamson
Alec Wilson
Kari Wilson
Cara Winchell
Clint Winchell

Austen Winterbottom
Justin Winters
Megan Winters
Kristina Wolff
David Wood
Aubri Woods
Kennesha Woods

Kylee Woods
Kayla Worden
Ashley Wright
Paoge Xiong
Dao Yang
Ashley Yingst
Shelby Yost



Walking from the main building to the new Walker building, freshman **Nikki Robbins** ponders on what it must have been like last year for freshmen.

Robbins is not alone in this feeling. Students have mixed feelings about the Walker building.

Story and Layout by Jesse Antelman

"My favorite thing about the building is it's air-conditioned," said Robbins. "It is really good to have on a scorching hot day."

Being separated from the rest of the school is definitely an issue for some.

"We have a lot nicer stuff than at the main building," said freshman **Steven Sholley**, "but I don't like being separated from the upperclassmen."

"I like the separation but I have friends that are up at the main building that I don't see too often," said Robbins.

Students aren't the only ones losing their ability to speak with their friends.

"I miss the contact with former students that I had as freshmen," said English teacher **Cindy Selden**, "and also my fellow teachers."

The freshman curriculum has not changed. The same material that was given to students in the past, is still being taught to students now.

"The freshmen are being taught the same things, but the environment is different," said Selden.

Even though the building location is different, it isn't permanent, according to counselor **Kathy Hansen**.

"It will take three and a half years to finish the construction," said Hansen. "The Walker building will be used until the main building is complete."





Above, the Walker Annex was converted from a trade building (bottom photo) to a modernized school building (top photo). Construction occurred on the building during the summer of 2003. At left are the air conditioners that made class days comfortable during the summer. At far left, freshmen hurry to the cafeteria, located on the first floor.



Kelcey Young
Rachel Young
Ryan Young
Christian Zapata
Jesus Zarate
Kerie Zielstorf
Jacob Zimmerman

Left at the Big Top

Heather Aldridge
Matthew Anderson
Justin Annis
Ricardo Avila
Edgar Blanco
Cindy Borges
Steven Boylan
Valerie Coe
Abbie Cort
Larry Davis III
Carl Dillon
Brandon Dunn
Jennifer Fees
Ashley Forrest
Stephaney Gillihan
Jessica Gulling
Joshua Halverson
Jerome Harper
Courtney Harris
Jessica Hill
Ashley Houghton
Vonny How
Charles Jones
Amanda Lienemann
Alay Lo
Timonthy Lottie
Cintana Lovan
Anthony Lozano
Christina Martin
Tasha McElvogue
Johnny McFadden, Jr.
James McNeeley
Cole McVey
Gilberto Mendoza
Cesar Meza
Tyler Mundy
Alexandria Osborne
Stacy Pearson
Joseph Penman
Janet Ramirez
Aaron Rogers
Jessica Romero
Paulina Salazar
Dani Scott
Spencer Shaw
Larry Short
Jason Smith
Chasity Strong
Sidney Swayzer
Lisa Thomas
Sammi Thurman
Zachary Travis
James Vasey
Jorge Vazquez
Jelena Vojvodic
Betty Widman
Randy Williams
Osiel Zapata

Walker Annex



Des Moines Public Schools
Board of Directors - 2003-04

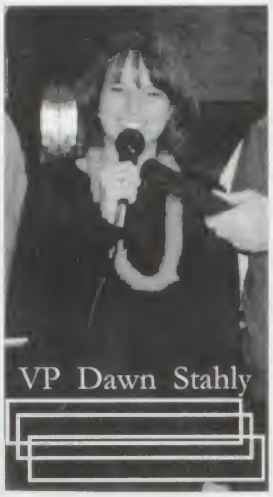
Top Row: Jim Patch, Margaret Borgen, Ako Abdul-Samad, Som Baccam, Connie Boesen
Bottom Row: Graham Gillette, Jon Neiderbach, Superintendent Dr. Eric Witherspoon.



Principal Tom Lee



VP Gary Rourke



VP Dawn Stahly



VP Mel Green

Donna Adams
Rhonda Anderson
Robert Bagley
Linda Baker
Patrick Bannon
Jeff Barloga
Randy Barrick



Vicki Bonnett
Ronald Borstad
Rollie Bramhall
Kathy Brown
Ken Burgess
Nancy Butler
Kacia Cain



Robert Carmichael
Dianna Carnahan
Ted Christensen
Nancy Christy
Lloydette Clark
Tom Cole
Maggie Crawford



Karen Cross
Kathy Crum
Fannie Cunningham
George Davis
Fran Deaton
Sally Dehnert
Rami Dougherty



A New Chapter in EDUCATION

Story and layout by: Thyta Inthavong

Last September 9, two new members were elected to the school board: **Connie Boesen** and **Ako Abdul-Samad**.

"I think that they have a lot of potential," said Principal Tom Lee. "What concerns me is that we have an overall board with not a lot of experience."

The two new members were added to a committee of nine including Som Baccam, Margaret Borgen, Graham Gillette, Jon Neiderbach, Jim Patch, and Superintendent Dr. Eric Witherspoon.

A lot of pressure is put on school board members because they are deciding the path of the district.

"[Board members] are the decision-making body, what they say, goes," said government teacher **Stan Thompson**. "They have a tremendous impact on a students' education."

One of the major issues this year was the budget cut. Board members had to cut the operating budget by $4 million.

The only possible actions to take are to lay off workers, use fewer substitute teachers, and hold off on buying new supplies for classrooms. All of these steps are considered bad for Iowa educators.

According to Lee, it is sad. "It is the fault of no one in the schools, it's in the state. The legislature continues to make choices because of shortfalls in Iowa's budget."

"I do not think that the budget cut was a good idea, it is unfortunate for students," said Vice Principal **Gary Rourke**. "If you lose associates, then you lose what you had going. If you lose a custodian, then you live in an unhealthy environment."

People donated money to the Des Moines district to save workers from getting laid off.

"I think that the fundraisers got some response, but it wasn't near enough to reach the amount they were trying to get at," said Vice Principal **Dawn Stahly**.

There was also a new member in East's administrative staff, Vice Principal **Mel Green**.

"It feels great! I love helping young people," said Green. "Not only am I am helping the students, I am a mentor to the teachers."

"I think he is a great guy, he relates to the kids well, and is supportive of staff members," said Rourke. "He is quality."



Carl Drautz
Amanda Eimers
Samy El-Baroudi
Lora Evans
Terrie Fenstermann
Darrin Fisher
Diane Fleming

Ruth Ann Gaines
James Giboo
Ann Ginther
Marc Glynn
Shirley Gooch
Jerry Goodrich
Sid Gordon

Mel Green
Shawna Green
Maureen Griffin
Jake Habhab
Jacqueline Hackman
Jeffrey Hall
Michelle Hankins

Kathryn Hansen
Vern Hansen
Robert Hanson
Sharon Hanson
Dena Harms
Jennifer Hazen
Deann Hebert

Out For Lunch

Story and Layout by Ray Lund

The bell rings, ending fourth hour. For many students, this means heading to fifth hour, but for some, this means heading outside, and across 14th Street to the Walker building for lunch.

This year, the newest addition to East is the Walker Annex. The building holds the cafeteria and many of the freshman classes. For most, this was a big hassle.

"It was a real disadvantage for me because I had first hour down at the Walker building and then I had to walk all the way back up to the main building for second hour," said junior **Nick Lange**. "Then for lunch, I had to walk down there and back again."

Even though the walk back and forth was a hassle for students like Lange, most students agree that the new facility is a positive addition to East.

"I think it's an awesome building and the lunchroom is really nice," said sophomore **Jake Atkins**. "It was nice to walk into a heated building when you just came from the freezing cold."

Although some needed time to adjust to the change, most grew accustomed to venturing to lunch every day.

"It was awkward at the beginning of the year, but I kind of grew use to it," said junior **Amber Tyler**. "After you go through it a while, it becomes routine."

Adjusting to the new cafeteria might have been hard for some students, but for the cafeteria workers, it was the same old routine.

"We still make lunch just the way we always do, it's just in a different facility," said lunch lady **Dixie Heimbaugh**. "It's pretty exciting to have a whole new place to work in."

While the new facility was exciting for some, for senior **Mike Miller**, losing the old cafeteria was like losing a part of his life.

"The new building is cool and everything, but there's just a history with the old building," said Miller. "It's just hard to lose it, there are just so many memories in that building."

Don Heese
Joleen Heim
Ann Hiveley
Brian Hoff
Lynn Hoff
Kevin Hogue
Nancy Holmes

Susan Hook
Daria Huang
Frederick Hunter
Mark Hurley
Carol Hyslope
Angela Jackson
Jeffrey Jansen

Ed Jennings
Vanna Johnson
Mary Kaldenberg
Edward Kelly
Kathy Koenig
Michelle Le Blanc
Tom Lee

Lowell Long
Carol Lortscher
Derek Lounsberry
Stayce Lounsberry
Mike Madson
Robbie Malm
Deborah Markert





On their way out of the cafeteria, at left, students empty their trays before handing them to the cafeteria workers.







Preparing for another busy day, two lunch ladies set up the food entrees, at top. A group of students enjoys lunch, at center. During their lunch hour, more than 100 students traveled down to the Walker building every day.

After a long day's work, at left, cafeteria workers clean up the food stations and get them ready for the next day.



Marjorie Mayes
Rhonda McCourt
James McNear
Michelle McPherson
Jennifer Medina
Becky Miller
Betty Mills

Martin Mohler
Linn Morris
Kenneth Morton
Don Murphy
Linda Nemmers
Deborah Neustadt
Kim Nitcher

Randy Nordaker
Frank Nwankpa
Bill Oleson
Elaine Peterson
Christina Phillips
John Raymond
Danielle Remily

Claudia Richards
Gary Rourke
John Rudisill
Judy Rush
Annette Ryun
Shawn Sanford
D. An Sasseen

Cleaning up in the East Lane

Story & Layout by Carrie Chapman

At seven o'clock in the morning, many students at East gather in the hallways before school discussing last night's activities, tonight's activities, and homework. Most students munch on their favorite snack before first hour. When they finish their snack, they throw the wrappings on the floor thinking it's no big deal, it's not their problem.

"There's always people eating or drinking during lunch and between classes and most of them throw it on the floor," said junior **Josh Richardson**. "I think it's disrespectful that students do that. They just know that there are custodians that will pick it for them."

In the bathrooms at East, the walls are often filled with writing and drawings, the floors are covered with paper towels and trash, and the toilets are dirty from careless people. But every morning the walls have been washed off, the toilets are clean, and there's no trash on the floors.

"I think the custodians do a great job keeping our school clean and looking nice," said senior **Amanda Vuth**. "I have relatives that are custodians here at East and I know that they work very hard every day."

Few students are aware of the night crew of custodians. Night custodians are the ones who do most of the deep cleaning like sweeping, vacuuming, emptying the trash, and fixing anything that has been broken.

"We have about seven custodians that make up the night crew. They come in the afternoon and take care of the things that the day crew didn't have enough time to so," said **Coach Brian Hoff**.

The custodians at East are hard working and sometimes not appreciated for what they do, according to Richardson. Students should think about them the next time they're eating a snack and decide to throw a wrapper on the floor.

"I think students should tell the custodians what a good job they're doing every once in a while," said senior **Stephanie Chia**. "I always try to pick up my trash and I think other people should also have consideration for the environment around them."



Alvin Schatz
Sharon Schatz
Janine Schochenmaier
Cynthia Selden
Carmella Smidt
Vidal Spaine
Mary St. Clair

Dawn Stahly
Diane Steggerda
Susan Stewart
Chad Street
Carolyn Strickler
Charles Sutherland
Stan Thompson

James Turner
Frederick Vanderley
Joyce Vickroy
Somkong Vong
Nicole Wee
Audrey West
Mary Westover

Stacey Wheeler
John Ytzen







Above, Rick Ramus sets up for picture retakes in the auditorium. Custodians are responsible for making preparations for events around the school such as dances, plays, and picture taking.

Butch Pickett had to rearrange his office due to a flood caused by the reconstruction of East. The renovation process has affected the custodians' work greatly, sometimes making things very difficult. At right, a custodian plows the snow off of a sidewalk and the parking lots.

Missing In Action

Kim Bjornson
Judy Brownsberger
Pat Bushong
Amber Clapp
Randy Derby
Julia Freel
Keri Frommelt
James Giboo
Jamie Gilley
Marijo Grimes
Tina Grove
Jodie Harrell
Bryony Harris
Mark Hawkins
Thana Heller
Andy Howard
Heather Isaacson
Kathleen Jobusch
Jennifer Luft
Greg Morse
Laura Negrete
Lorene Nelson
Sharon Page
John Pattschull
Deb Peterson
Burle Pickett
Linda Saddoris
Tamara Scalise
Diane Sheil
Barb Shelley
Don Starcevich
Derek Summy
Susan Wiegand



Before School



After School

daily LIFE OF secretaries

Think it's easy being one of EHS's secretaries...? Think again.

dedication is key to the EHS faculty, but it is very apparent in the main office secretaries **Sharon Page, Diane Fleming** and **Diane Sheil**. After waking up bright and early every morning, they arrive promptly at 7 a.m. every day to the beginning of another strenuous day.

"My job is hectic but I like being busy and I enjoy the kids, so of course I have to love my job," said Page.

"For me, every day is different," said Fleming. "The people here are fun and the kids help me stay young."

Most people think secretaries just sit around in an office and file papers. But for Page, Fleming and Sheil, a day in the office means much more, whether it means giving out passes to students who need to leave the building, taking care of problem students or making up the EHS newsletter monthly.

"I know that our school secretaries do a whole lot and skids don't give them the appreciation they need," said sophomore **Michael Hickman**.

Aside from being a secretary, Page also helps out with banquets, athletic events, and is an assistant to Athletic Director **Lowell Long**.

> *"The kids and the rest of the faculty make my job worth coming to every day. It's a great job and the kids are great. I'm lucky."*

"Sharon is a fun person to work with and she's very organized and loves to get involved," said Long.

In the mornings, Page and Fleming answer calls from parents calling their kids, then they fill in for each other when one of them is gone. This also means getting off work later and doubling the work they normally have to do.

"I don't mind filling in for others because I know if I were to be out, they would help me, too," said Page.

"We all get along pretty well, so its not as bad as it sounds when we have to fill in for each other," said Fleming.

With all the work and dedication that is taken into being a secretary, their salary isn't much of a reward.

"I think it's awesome that they keep their job because I know they don't get paid that well," said junior **Justine Eaton**.

When students need something from the office, they don't hesitate to ask the main office secretaries for it because they always manage to have a smile on their faces.

"The kids and the rest of the faculty make my job great...," said Sheil. "I couldn't picture myself working in any other place."



answering an important call, far right, **Diane Sheil** sets up an appointment. Sheil was the secretary for the Vice Principals.

story and Layout by Viviana de la Cruz

Top 5 Misconceptions About Secretaries



#5 They are best friends with the Librarian

#4 They are boring and mean

#3 They are old and wear glasses

#2 They have cats

#1 They have a close relationship with their bosses



following their morning ritual, secretary **Sharon Page**, and Vice Principal **Gary Rourke** greet each other in the office. Typing away, below, secretary **Diane Sheil** types out a document for Vice Principal **Mel Green, Jr**.







Praise the Secretaries

Life in the FAST LANE



Page 60

ORGANIZATIONS





LET'S CARPOOL!

Sometimes we all try to fit in with the crowd, going at their pace, and accepting the ways of others.
It's a life that's safe, going with the flow.
But Scarlet organizations take on a life of their own. Joined with others, we find that cooperation and teamwork give us a sense of what we can accomplish as part of the larger Scarlet tradition.
The big picture, new ideas, new angles. . .
it's all part of the high school experience.
The many opportunities at East to work and party with others make four years fly by. It's fun in the fast lane and we're all riding in a Scarlet Pridemobile.

Making new traditions

Some would say it's the best thing about sporting events, even better than the fact that the Scarlets beat the opposing team by more than three touchdowns. It's the experience of sitting in the 'Pep' section with your peers chanting "LET'S GO EAST!" until you lose your voice.

The Pep 'E' Club plays a very important part in insuring that everyone can enjoy this experience at each game, pep rally, and assembly.

The club has been sort of a tradition at East for many years, and thanks to sponsors **Linda Nemmers** and **Robbie Malm**, the tradition is being kept alive.

This year was not Nemmers' first as the sponsor of the club. Three years ago, Nemmers resigned as sponsor after 11 years of service. This year is her first back on the job.

"I enjoyed heading up the club, but after a while it got kind of overwhelming," said Nemmers. "I missed all of the school spirit, so Malm and I decided to be the sponsors.

The new approach that the club made has had a positive effect on the student body.

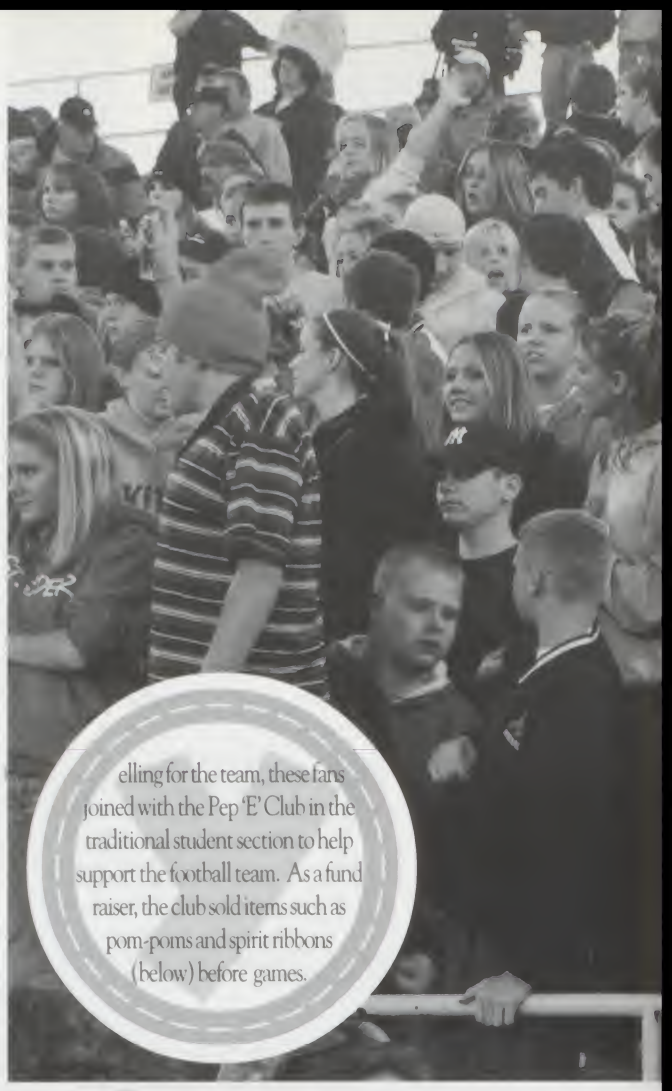
"I like all of the cool stuff they sell," said sophomore **Megan McElderly**. "They are neat, inexpensive, and make everyone excited about the games.

During homecoming week, the club offered lots of things for sale such as buttons and Mardi Gras beads.

"One of my favorite things we sold were the red and black 'Spirit Beads,'" said junior **Amanda Khodai**. "Those sold really well and I still see them hanging in rear-view windows.

Coming up with more creative items to sell was a goal for this year. The club also took the initiative to put together care packages for the sports teams.

"When the football team went to the playoffs, we put energy bars, Gatorade, and other stuff into cups for the players," said sophomore **Ashley Hughes**. "We've also sold things like pins with phrases like 'Demolish Dowling' and 'Rough Up The Riders.'"



elling for the team, these fans joined with the Pep 'E' Club in the traditional student section to help support the football team. As a fund raiser, the club sold items such as pom-poms and spirit ribbons (below) before games.





Story & layout by Barbie Morris



proudly displaying their school spirit, seniors **Chrisy Lem**, **Courtney Chaplin**, **Sierra Buck**, and **Emily Rice** join together to enjoy their ranking as Pep 'E' officers. "I think we all did a pretty good job with the club this year," said Chaplin. "We worked really hard. I'm just glad all our hard work paid off in the end!"



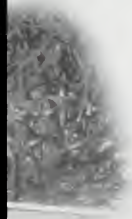
Meet the Officers

Christy Lem, Courney Chaplin, Sierra Buck, and **Emily Rice.**



cheering at the Winter Assembly, sophomore members **Malory Murphy** and **Tessa Hartman** slam together their "Boom Sticks." According to teacher **Linda Nemmers**, the sticks were the club's attempt to try something new.







Pep 'E' Club

RUNNING the show

A long time ago someone decided that seniors' worst nightmares, like having to accept their diplomas while a Celine Dion song plays in the background, should be prevented at all costs. Who better to prevent catastrophes like this than the seniors themselves?

"Since I'm a senior, I want to have a graduation ceremony that I like," said senior **Nilaphay Vorasith**. "Being on Senior Board lets me have a say in these decisions."

The board makes most of the decisions concerning graduation day, such as colors, flowers, and other details. The members also have a part in planning the senior breakfast, alumni dinner, and senior awards night.

"Many seniors feel the way I do," said senior **Rochelle Remus**. "They want to have a part in the planning of these activities because they are the ones the events are for."

Apart from Senior Board is another student-run organization, Student Government, which is open to all students. They organize homecoming, the blood drive, the canned food drive, and other service projects.

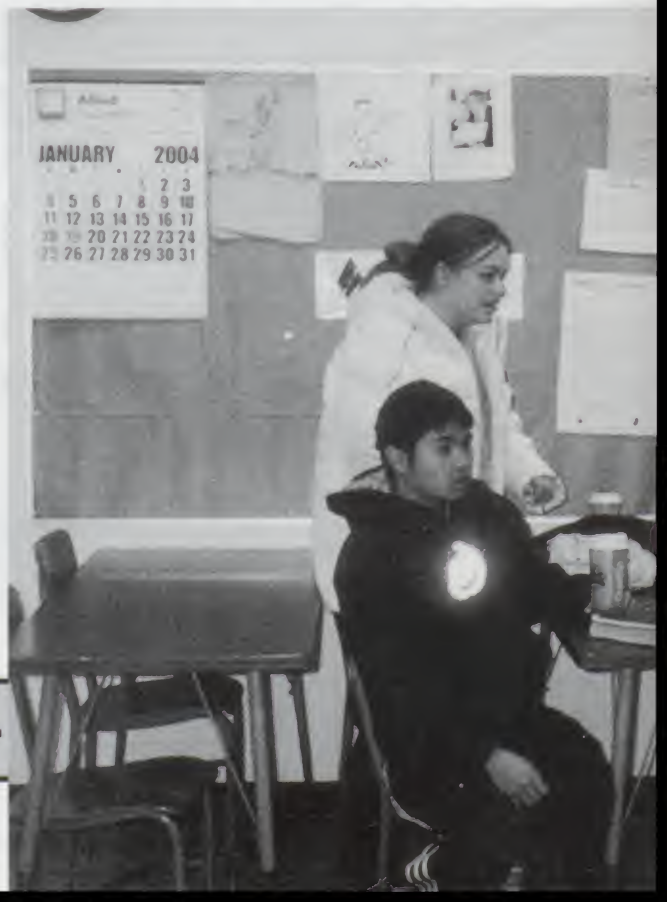
"Students in Student Government have even more control. Senior Board meetings are usually conducted with Vice Principal **Gary Rourke**'s agenda, but Student Government meetings are completely student-run," said Remus.

"I think it is refreshing for seniors to be able to make these decisions themselves instead of someone making them for them," said Vorasith.



directing a Student Government meeting, at right, senior Rochelle Remus looks over her notes for past meetings while sophomore Seashia Vang, below, and senior Heather Held and junior Kevin Senephansiri, far below, listen intently. Meetings were held nearly every Tuesday morning at 7:10.





Story & layout by Casey Dawson



Senior Board

Do you want to be in Senior Board?

If so, start sharpening your pencils now because before you can become a member, you will need signatures from all of the following people:

* Principal
* Two Vice Principals
* Two Counselors
* Ten Teachers
* Twenty Five Seniors





uring their down time, the Senior Board officers, **Rochelle Remus, Jesse Antelman, Trevor Jones,** and **Samantha Winebrenner**, show off their serious side. All of the members of Senior Board usually met on the first Tuesday of every month.

Service Projects:

Key Club

- UNICEF
- Kiwanians: Pancake Fest
- Book Buddies
- Camp OK

NHS

- Smile Train
- Big Brothers Big Sisters
- Book Drive
- Better Safer World





ey Club members **Josh Young, Lewis Grim, Shane Maxon, Jennifer Palmer,** and alum **Sir Adams** ham it up at the holiday social in Omaha. Key Club's goal is to put in over 500 hours of community service to receive the Distinguished Club, one of the highest honors awarded.

upervisor **Shawna Green** and NHS president **Megan Niffenegger** take a fall on the ice. No worries, they're alright. NHS members were invited to go ice skating in December.





ar right, NHS members listen to the list of services that they plan to do for the new year. Meetings were held every first and third Wednesday of the month. Right: Senior **Catherine Swoboda** nails senior **Andrew Van Gundy** to the penalty box. Swoboda plays on a girls hockey team.

Improving our community





The east side is being recognized more often not only for its outstanding performance in sports, but also because of all the services that EHS organizations put forth.

NHS and Key Club are just a few of the groups that are committed to helping others. They do community service, have an occasional get-together, and help out around the school and being in these organizations makes the students look good on college entrances and resumes.

Senior and President of Key Club Josh Young said, "We haven't done anything to help out the school yet like we have in past years, but we met our goal in raising money for UNICEF and we had the Kiwanians Pancake Fest in October."

NHS and Key Club do more than community service, they also have fun.

Sophomore Jaimie Rowe said, "We had a Christmas party at Amanda McConnell's house. It was a lot of fun. We played a game where we passed an apple with our chins and another where you squeeze the hand of the person next to you on signals. Whoever grabs the apple that's at the end of the line first, wins."

"NHS has had a bowling and ice skating get together," said junior Donna Soulinthavong. "It's been a lot of fun being in NHS because I get to help others and feel good about it. At the same time I get to have fun and make new friends."

Many students find that they need an extracurricular activity and sports isn't an option.

Rowe said, "I felt that I needed to do something so I joined Key Club. It doesn't take a lot of time, just a few days a month."

Just showing up to the meetings gets membership in Key Club, but for NHS, a 3.5 grade average is qualification. Then teachers select members from that pool.

Who says getting good grades doesn't pay off in the long run?

Story & layout by Amber Tyler

Working for Change

Racial diversity is a part of East, but thanks in part to two student groups, discrimination is not.

Teacher **Ruth Ann Gaines** started Student Leadership Council in 1992 after East experienced racial unrest. Voices of Change was started a few years later in '95 for similar reasons.

"The faculty decided that we needed to take affirmative action against these issues, so the students and teachers worked together to create diversity awareness groups," she said.

Gaines said she knows the groups have made a difference not only here at East, but across the state as well. The organizations make up and perform skits to educate audiences about social injustices.

"My favorite part is going to other schools and performing the skits that we practice because I feel like we are changing the way people think about social issues," said junior **Jelena Raus**.

Senior **Charlie Reese**, a member of both groups, said he enjoys being able to show the rights and wrongs of today's society. Voices of Change performs all over the state in places like elementary and middle schools and churches.

"I really like performing our skits in front of elementary audiences because I feel like we get to affect the way they view the world," said Reese.

Schools across the state have mimicked East's groups after learning about them at leadership retreats and summits, such as "Make Me a World in Iowa", where students meet and exchange ideas.

"These groups are a great way to meet people from other schools, but it is really fulfilling, too. It is a great way to give back to the community," said Reese.



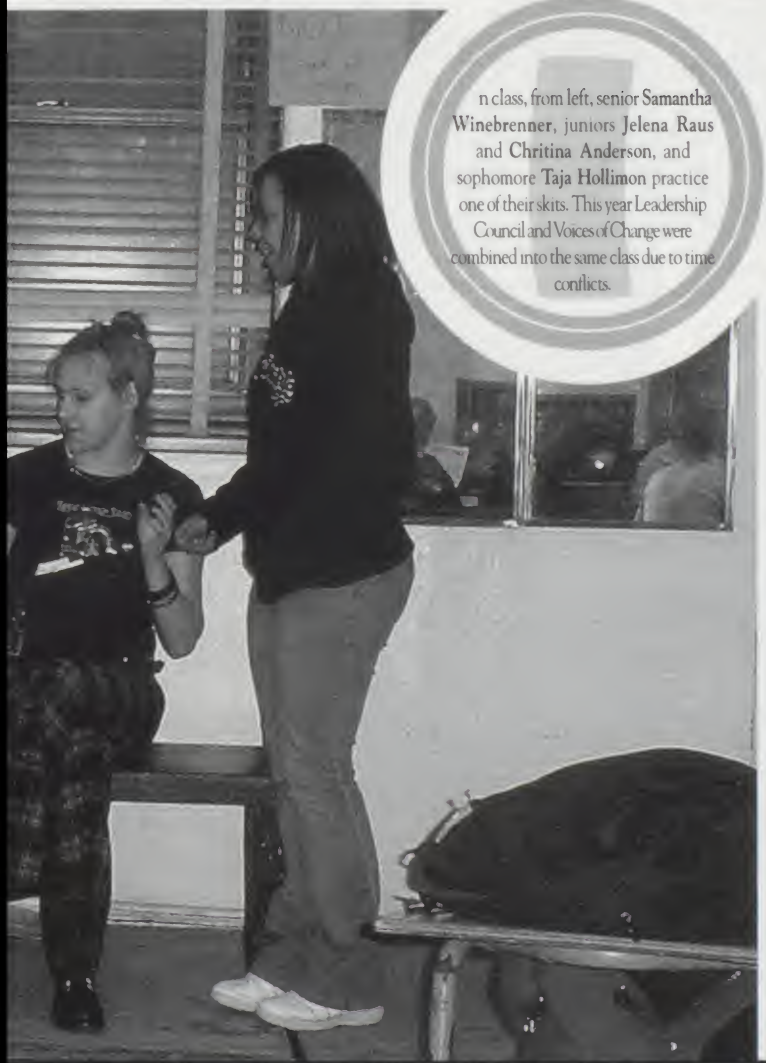


Story & layout by Katie Lown





realing the scene, at far left, junior **Daniel Fisher** acts out his part with emotion. At middle left, junior **Yadira Marroquin** (center) stands her ground in a scene with fellow classmates Daniel Fisher and senior **Kari Noble**. Seniors **Jonathan Guy** and **Lynnsey Farnsworth**, at left, joke around during some down time in class.



n class, from left, senior **Samantha Winebrenner**, juniors **Jelena Raus** and **Chritina Anderson**, and sophomore **Taja Hollimon** practice one of their skits. This year Leadership Council and Voices of Change were combined into the same class due to time conflicts.



aking the microphone, senior **Charlie Reese** announces the next skit at a local preformance at Pleasant Hill Elementary School. Reese and other students traveled to various churches, community centers, and schools to perform their skits about tolerance and diversity in today's world.

the extra step

Choosing colleges and keeping grades up can be a strenuous and difficult task to accomplish for students. Many students spend time looking for clubs and activities that will help them throughout their high school years. This is when programs such as Science Bound and Upward Bound (UB) come in handy.

"I really feel these programs are major aids for students who wish to continue their education after high school," said counselor and TSC (target school coordinator) **Nancy Christy**.

These programs are designed to help students and guide them in taking that extra step into going to college.

"I like it because it gives me a good feeling about being able to go to college. It takes a lot of stress off of my shoulders," said junior Central UB participant **Pedro Leaños**.

The UB program is split into two distinct groups, one coordinates with Central College in Pella, and the other with Simpson College in Indianola.

"It's cool to be in UB because I get a head start on the whole college experience during the summers," said junior Simpson College UB participant **Kelsey Brooks**.

Both UB groups offer students a six-week stay at a university during the summer. During this time, students take classes and enjoy scheduled activities through out their stay. The classes students prepare them for college-bound classes at school.

"The classes during the summer are kind of hard, but they help me out in class during the regular school year," said Leaños.

Science Bound is associated with ISU in Ames and focuses on keeping the students' grades up during the school year. Science Bound offers students a full scholarship for the students' first four years at ISU if each student meets the requirements.

"Staying on track in school and keeping my GPA steady is sometimes hard, I'm glad I'll benefit from it in the future," said junior Science Bound participant **Saul Ceballos**.

Science Bound also offers students a one week stay at ISU during the summer and a chance to live inside the dorm rooms. They also take classes and end the week with a presentation of a project they worked on during that week. The last day of their stay, the students are taken to a field trip to places such as Adventureland, in Des Moines.

"The pre-college experience is something I know I'll look back on and cherish," said Brooks. "I'm glad I got the opportunity to be in one of these programs."



Trying on bikinis, junior **Geoff Moore** and senior **Alex Kittikoune** model their tops in their dorm room as they get ready to head outside for one of their weekend activities. Every weekend the Upward Bound counselors schedule silly events like this for the students to participate in, as a way for them to get to know each other and have some fun.



Wearing wacky sunglasses, below, senior **Alicia Alvarez** enjoys one of her last days at Central College in Pella. Alvarez, along with many other students such as junior **Harold Dudley**, at right, who is admiring his tree "friend," were participants in the Upward Bound six-week program during the summer.

Story & Layout by Viviana de la Cruz





oncentrating on keeping steady, junior Science Bound participants **Silvia Aguayo** and **Viviana de la Cruz** get ready to check for DNA for one of their projects. Each year, during their week stay at ISU, students are given a specific project that must be completed and presented at the end of the week.









bove (circle pic), juniors **Walter Mendez**, **Juan Paz**, **Roxana Ferreyro**, **Saul Ceballos** and **Silvia Aguayo** stop at a historical site in Chicago. Science Bound sponsors a trip to Chicago every two years. Students work concession stands and sell flowers around Valentine's Day to fundraise money for the trip.

uring their one week stay at ISU, junior Science Bound participants **Yadira Moreno**, **Viviana de la Cruz**, **Silvia Aguayo** and **Saul Ceballos** take a break during one of their classes. Over the years, the students have made short children books, robots and conducted tests for DNA.

Science Bound/Upward Bound

PREPARING for the future

When most students think of Business Professionals of America (BPA), they think of hard work and dedication. Others might just wonder what BPA is.

"BPA is a class that students take to get prepared for the business world," said sponsor **Mary Jane Kaldenberg**. This is Kaldenberg's tenth year as the EHS sponsor.

To get prepared for the business world, participants train by learning proper business procedures in the classroom, going to competitions, and working in an office job that provides money, school credit, and DMACC credits.

"Competitions are the best. You meet new people and have lots of fun," said senior **Molly Heggen**.

At competitions students compete against other schools in subjects such as word processing, accounting, interview skill, and computer programming. Those are just a few out of 50 contests that are available to compete in.

One of the competitions that BPA went to was regionals. Regionals were held at the American Institute of Business (AIB) in Des Moines on January 28. The competitors at regionals were Lincoln, Ankeny, and Newton. Out of all those schools, EHS won three first, four second, and three third place rankings. Eight out of the ten members of BPA placed.

"Regionals help prepare us for the state competition," said senior **Heather Hill**.

On October 5-6 there was a Leaderhip Conference at the Sheraton Four Points Hotel. The EHS BPA and other BPA members from across the state attended. They elected a new state officer team and six of East's members were voting delegates.

BPA is not only involved in competitions, but also in the community.

"Every year we adopt a family for Christmas," said Kaldenberg.

BPA provided needy families with Christmas presents and food. Many of the members felt that they got a lot out of helping out.

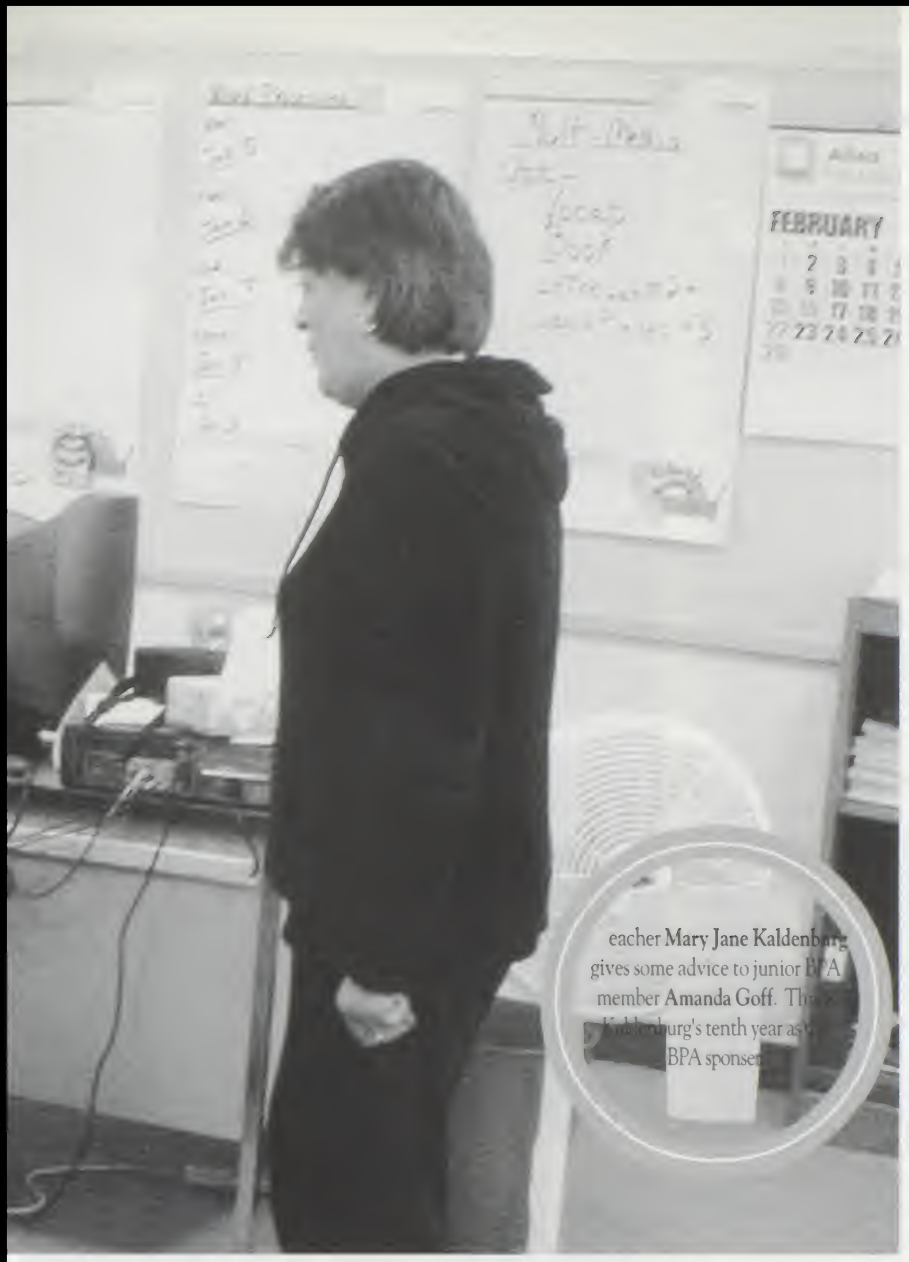
"Seeing the kids' faces light up was just amazing," said junior **Kim Cavan**.

According to Kaldenberg and the members of BPA, this has been a great year, and they are all hopeful that next year will be even better.





Story & layout by Karen Sawhill



eacher Mary Jane Kaldenberg gives some advice to junior BPA member Amanda Goff. Th... Kaldenburg's tenth year as ... BPA sponsor.

What do you think BPA stands for?



"BAD POSTURE ACADEMY"
SOPHOMORE ALYSSA HEGGEN

?

?

"BAD PEOPLE'S ATTITUDE"
SOPHOMORE BRITTANI COLEMAN



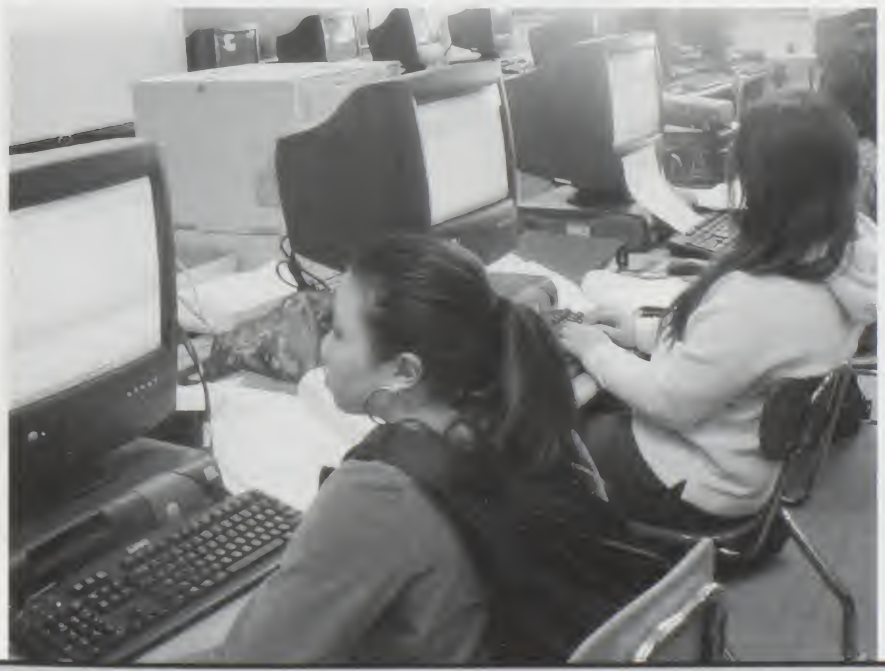


"BRITISH PEOPLE OF AMERICA"
JUNIOR LUKE BOLANDER

?

Wondering what the real answer is?

BPA stands for Business Professionals of America



t far left, members of BPA pose for a picture holding some of the presents they presented to needy families this past Christmas. Adopting a family at the holidays is one of BPA's many traditions.

o the left, students prepare documents that give them a taste of what competitions will be like. This year's regionals battle at AIB in Des Moines was a huge success.

CHALLENGING the mind

rt, music, economics, and science sounds like a typical day of school. But for the members of the Academic Decathlon (AD) team, the subjects have become an after-school activity.

AD is a competition where students are put into three groups. Each member must give an interview and a prepared speech. They also compete against other schools in the categories of economics, language, literature, art, music, science, and then they are given a super quiz, a quiz over the topic chosen for the year. This year's topic was the Lewis and Clark expedition.

The AD team prepared all year to compete in the regional competition that took place at Drake. The top teams at regionals are able to compete in state. Due to their scores, East was able to go.

To insure the readiness of the team they had practices with their coach, teacher **Maureen Griffin**. The team said practices were filled with a lot of talking and goofing off, but when the time came to be serious they "put their noses to the grindstone."

"We studied and surfed the web a lot," said junior **Morgan Graham**.

"Each member became like a little master of a subject," said Coach Griffin. "Then they taught the rest of the team. There wasn't enough time for each student to memorize it all."

The team had a few returning members, some of which were seniors who will have to be replaced next year, but what keeps them coming back? The team said they enjoy learning about the interesting topics and this type of activity is appealing to them.

"AD interests me because I learn new stuff and things that I never knew," Graham said.

Each year the team works harder to improve. They always want to be better than the year before. They always try their hardest and strive for success.

"Every year you can't help but improve. Every year you write a better speech and have a better performance," said senior **Harmony Gregg**.

AD wasn't all work and no play. The team enjoyed spending time together and unlike sports the teams unite at competitions even though they compete against each other. They also had fun while learning by taking trips to places like Omaha and Council Bluffs.

"We went to Omaha where we had fun at the art museum and the fort," said Graham.

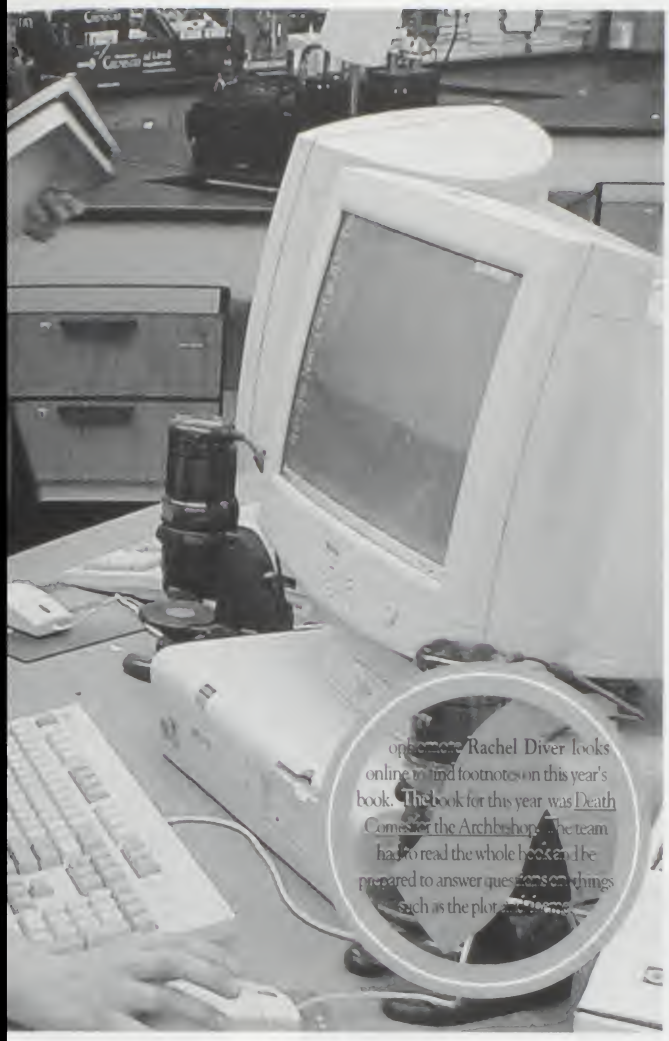






he AD team talks about their preparation for state. The team did well enough at regionals to compete at state March 11-12.

Story & layout by Meredith Breton



sophomore Rachel Diver looks online to find footnotes on this year's book. The book for this year was Death Comes for the Archbishop. The team had to read the whole book and be prepared to answer questions on anything such as the plot and characters.

How High Do You Score?

1. Lewis and Clark were sent on their expedition primarily to...
   A: reach the Pacific Ocean
   B: find the source of the Mississippi River
   C: Claim New Orleans
   D: document the Louisiana Territory

2. Simplify (3+2i)(5-4i)
   A: 7+22i
   B: 7-2i
   C: 15-10i
   D: 23-2i

3. Which of the following groups is MOST frequently represented on the endangered species list?
   A: fish
   B: mamals
   C: plants
   D: birds

Answers: 1.d 2.d 3.c



junior Adam Crane points out some important information to his teammates at practice. The AD team had practices every Tuesday and Thursday after school.



Fusion members take a break from practice to pose for the camera and fight over a box of cereal. The structure of the practices allowed time for joking around as well as hard work.

Performing a balancing act, juniors **Dean Hoangvan** and **Khon Kavan** execute a two-man handplant at far right. At middle right, senior **Michael Matthews** and other members of Fusion practice a routine, while, at near right, senior **Jason Boll** performs an "invert." Each member had their own special talent to add to the group.



MOVIN' and groovin'

Story and Layout by: Casey Dawson and Katie Lown

ast year, EHS's Fusion struggled to find a faculty sponsor so that they would be allowed to perform at school assemblies and events. This year was different. With teacher **Samy El-Baroudi** on board since the middle of last year, the group was able to concentrate on their growth and improvement.

The two-year-old group's achievements for this year included performing at state. They placed third in their division, All Male Dance.

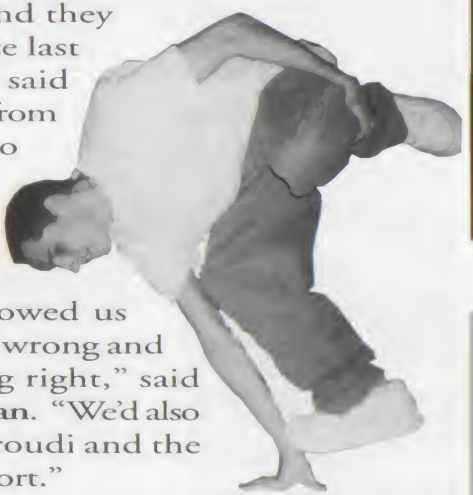
"We're happy that we finished well, but we think that we should have finished higher," said senior **Michael Her**. "Our numbers were a disadvantage. Other groups had more people so they looked better because they could fill up the stage."

The group also performed at events that were not connected to school, one of which was the Hip Hop Summit in Pella. The members prepared for these events by attempting to meet for practice on Thursday nights.

"Practices were sometimes hard to arrange because either someone had to work or couldn't make it or El-Baroudi couldn't stay for the whole practice," said junior **Dean Hoangvan**. "But when we did have practices, they were fun because they were not very structured."

The group agrees that their practices paid off and they have improved since last year. But they also said they know that help from outside sources also had an impact.

"We appreciate the help with our state routine from the Steppers. They showed us what we were doing wrong and what we were doing right," said sophomore **Eric Cavan**. "We'd also like to thank El-Baroudi and the school for their support."







the high note

Talent is not an easy thing to come by, but every day choir director **James McNear** meets with a group of very talented singers. This year, McNear's Chamber Choir is lacking in numbers, but the quality is still there.

"People think that because we lack numbers, we lack talent but that isn't true," said McNear. "We have lost a number of people due to Central Campus and last year's graduation, but we never lack talent."

Although the choir is small, the group is very tight knit.

"We know each other better, and we can blend and work together to form a better choir," said senior **Andrew Van Gundy**.

"Everyone has a different style to their personality, and we use that to our advantage to make the choir unique," said sophomore **Seashia Vang**.

Just like a family that plays together and stays together, the choir participates in various fundraisers and activities as a unit. A highlight every year is the December Madrigal production.

"Madrigal is usually our biggest fundraiser, and it involves the most work, but the feeling of accomplishment makes every minute worthwhile," said senior **Charlie Reese**.

"This was my first year being involved in Madrigal," said junior **Arielle Petrie**. "It was a really fun experience, and I especially enjoyed all the downtime we got in between sets."

With the building expansion will come changes. Next year, McNear will be moving to a new room in the new building. Along with a new start in a brand new room, McNear's goal is to change the image of the choir program.

According to McNear, not enough guys are enrolled in choir, and most seem to have the perspective that choir is "girly."

"I want to change the attitude that people have toward choir," said McNear. "If we can change the mentality of the program, we can progress to the next level."





Story & layout by Thuy Huynh







re seniors **Charlie Reese**, far left, and **Andrew Van Gundy**, left, working hard or hardly working? They sure do a convincing job as they practice for the choir's spring program. At top, the choir gathers around the piano to harmonize their sound. This year, the choir put on two programs and participated in large and small group ensembles.



o achieve vocal harmony, at top, the choir gathers around the piano. This year the choir learned countless songs to prepare for their programs and activities. Knowing that practice makes perfect, senior **Brenda Harnin**, far left, and sophomore **Heather Alexander** , near left, sing over their parts once again. The girls often worked together to help each other learn their parts.

Note-worthy Terms

Crescendo: A gradual increase in volume

Decrescendo: A gradual decrease in volume

Tonic: The key center, or foundation, of a scale or melody

Key: The tonal center based on the tonic note of the scale

Chamber Choir

SINGING to the music

As junior **Celeste Lacona** comes back from her job at Iowa Methodist, and walks down the hall into the choir room, she grabs her music folder and sits down in her seat ready to start singing.

"I took choir to express myself the only way I know how, through my voice. I also enjoy the people in the class with me, they are a lot of fun," said Lacona.

This winter the vocal music and the drama program's got together to perform a Madrigal play. This years theme was "A Royal Wedding." They worked for about two months on learning the music. The play ran for three days and had four shows.

"It was a fun experience but at the same time it was a lot of work but it all paid off in the end," said junior **Clista Hazelwood**.

Along with performing at school events, choir also performed at outside events. They did a Holiday Harmonies group during the winter season at different businesses.

"After we got done singing at one of our stations some of us decided to go to Okoboji for a late dinner. Our waitress asked us if we would sing something for them. So we basically had a surprise performance, but I think we did pretty good," said sophomore **Amanda Pierce**.

Lady Scarlets and Bass choir got together in December 2003 to build a float for the Pleasant Hill winter parade. Unfortunately the float didn't come together as expected.

"We worked really hard on the float to get it ready for the parade but there were so many little problems that we just decided to cancel it for this year and try even harder to get it done for next year," said senior **Jon Long**.

The Bass choir is also trying to raise funds to go on a trip to Detroit to learn more about the different musical cultures.

"We held a free dinner in January and people gave donations to help us raise money for everything," said senior **David Curtis**. "The dinner worked out great and we got a lot of donations. We had a lot of support from everybody."

Vocal music is also fortunate enough to have a parent group called C.L.E.F. that takes care of almost everything the vocal program does. The group consists of a president, vice-president, and a treasurer. The group handles all of the money and the fundraising program.

"When my daughter decided to take choir again her sophomore year I decided I had to get involved somehow. So I decided to go to one of C.L.E.F.'s meetings. Little did I know that I would become president of the group," said C.L.E.F. president **Lori Bowman**.



Small but mighty, the alto section belts out their parts. Lady Scarlets and Bass Choir are the two smallest groups in the whole choir program.

Singing along with a taped instrumental track, at far right, the soprano section studies their music. All of Lady Scarlets went to Large Group competition for the first time this year.

Rehearsing for the big day, below, Bass Choir gathers around the piano. Every Friday each choir had voice checks to be sure each singer knew their parts.

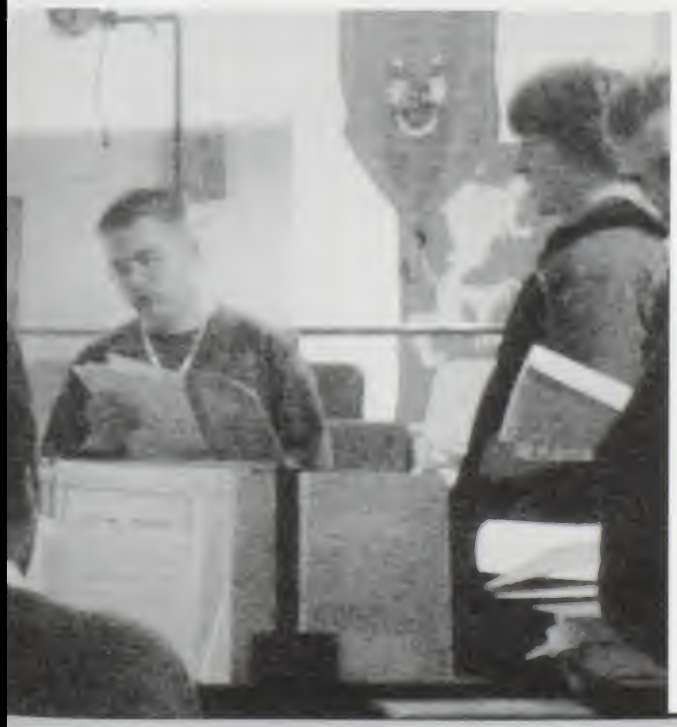


Story & layout by Alicia Bowman









5 Quick Facts

1. The vocal music program has 117 people in it.
2. Two people ranked division one in solo competition.
3. There are about three performances each year.
4. There are about 25 males in vocal music.
5. The program has a parents group called G.L.E.F. (Choral League of East Foundation)

MAKING soulful sounds

Head band director **Mark Hawkins** was seriously injured in a motorcycle accident last summer preventing him from starting the new school year. However, the marching band still managed to do a great job with performances.

During the Valley Fest competition the band performed in a downpour and came out with a two rating. The rating is done by judges on a scale of one to four, one being the best and four being the worst.

"We've gotten mostly III ratings for quite a few years and a II rating last year at State Marching Contest," said assistant band director **Vern Hansen**. "We wanted to get a top rating, but when you're not used to that, you can't just come out and get it right off the bat."

The band had two competitions back-to-back on one day in October. They performed at the State Marching Band held in Waukee and the Mid-Iowa Marching Band Championships in Ankeny and received a three rating at both.

Hansen, on top of his normal jazz band and elementary/middle school teaching duties, took on the many responsibilities that Hawkins relinquished after his accident.

"I've had to deal with long hours and also construction in the beginning. When I first walked into the band room this summer, the room was in total disarray. Everything from the storage room was out in the middle of the floor. So the first two weeks I spent rebuilding the room along with organizing, setting up transportation for the band, and communicating through e-mail with parents."

"Then when school started I worked with the sections, private lessons, jazz theory, music combos, and student music CDs. We also had two robberies so we had to be a lot more careful and it made it inconvenient because the students couldn't come and go as they pleased," said Hansen.

The students have had to adjust to the different teaching methods that Hansen uses.

Senior sax player **Trevor Jones** said, "It was a tough summer because Hawkins was there at practices and then on the first day of school we had to start from scratch. We had to rebuild and it was frustrating because it wasn't as disciplined."



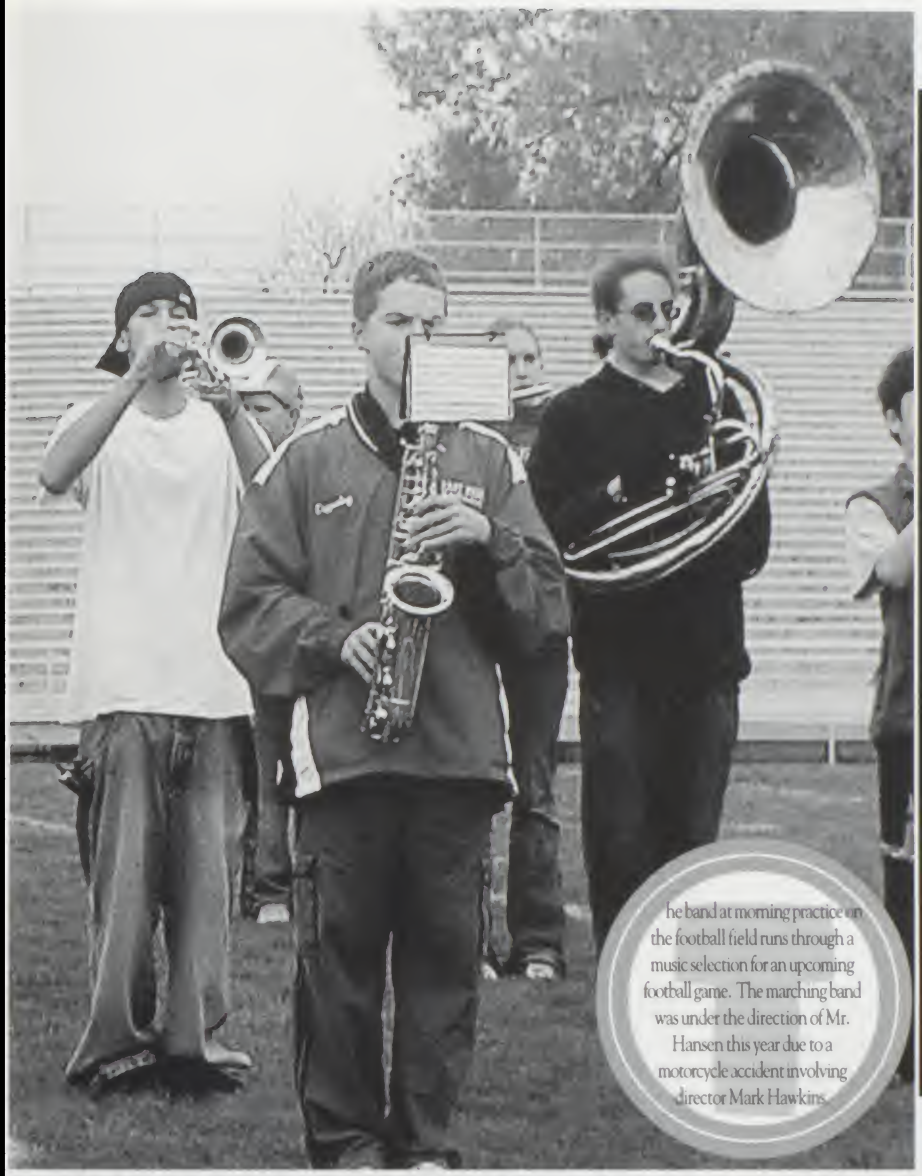
Even with the loss of many seniors, there were big improvements made in the band by the underclassmen. However, they came with a major setback.

Hansen said, "The drum section was our biggest improvement this year. They had a lot of potential, but they also had discipline problems. We had three drummers that were expelled, unfortunately."

"Everybody was needed this year.... There were people missing at competitions and if they had been there, we would've been right up there with Valley," said junior sax player **Bryan Roby**.

Junior trombone player **Jeremy Miller** said, "This year was pretty weird. We had to deal with a lot of things like construction, three drummers being kicked out, and our director being injured in an accident. Vern took over and did a really good job of running things. We weren't as good as we could have been, but that's the way it goes and we had a lot of fun. I am really looking forward to next year."

Story & layout by Amber Tyler



The band at morning practice on the football field runs through a music selection for an upcoming football game. The marching band was under the direction of Mr. Hansen this year due to a motorcycle accident involving director Mark Hawkins.

"One Time at Band Camp..."



"We had practice in the morning and at night and **Courtney Bush** and I went to White Water in the afternoon once. We got all sunburnt and when we went to practice everybody was like 'Wow! What happened?' It was a lot of hard work and it was hot marching on the field."

Sophomore ***Sarah Rowat***



"**Katie Ring** and I went to drum major camp this summer at KU and it felt like the movie *Drumline* when we were outside. When it got too hot we went inside and it felt like I was in *Harry Potter* with the stick in my hand."

Senior ***Trevor Jones***



"Last year when band camp was at East the power went out and we couldn't really see what we were doing because we didn't have any lights. We went outside and practiced marching."

Junior ***Jeremy Miller***



Drummers **Bryant Lester** and **Luke Neal** make the beat during lunch time. New this year, the drumline included a girl.



The marching band gathers around to set up the tunnel for the football players to run through. The band received a II rating at Valley Fest.

Marching/Concert Band

the high note

It's 7 a.m. and while everyone else is either sleeping or socializing with their friends, junior **Kyle Gowin** is busy perfecting his part in the jazz band ensemble.

Gowin, along with his 20 other bandmates, shows up early Tuesday through Friday to work on song selections chosen by instructor **Mark Hawkins**.

The song selection process includes Hawkins sifting through many different ideas for a "sophisticated" sound.

"I try to listen for something that isn't cheap sounding or cheesy," said Hawkins.

This year the music selection ended up being two slower songs mixed in with two more up-beat songs.

"The music selection seems to be the best of most of the years I've been here," said senior **Brenda Harnan**. "Each song seems to set it's own unique tone."

Although Hawkins is the instructor for the concert and pep bands, he says that the jazz band is a lot different from any other band in the school. To join the band students show up and try out, and once competition time comes around, auditions are held and the 20 best-sounding musicians are chosen to play.

"As long as you're confident you're doing your best, there's no reason to be nervous for auditions," said senior **Jeremy McDaniel**.

The traditional contests the band normally goes to were iffy because of financial difficulties. The total cost for entry fees and transportation, including marching band expenses, came to a little over $9,400. Some help came from the budget and fundraising.

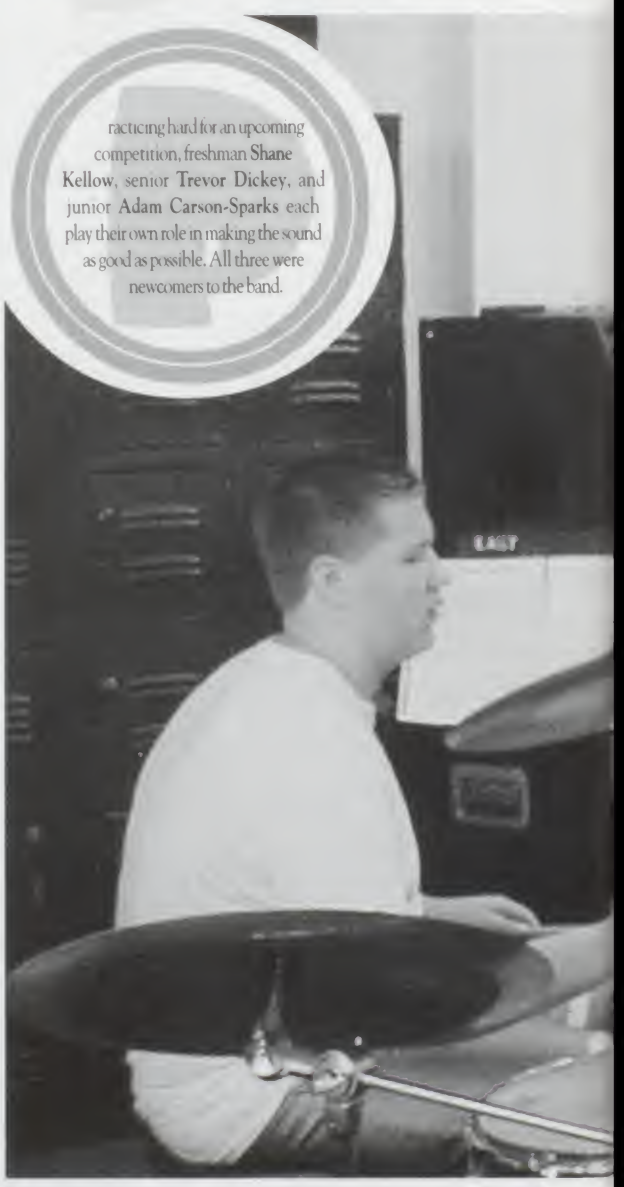
Due to new inventory technology, they lost a major fundraising deal, doing inventory at the E 14th St. Hy-Vee.

"We aren't the kind of people to just give up," said senior **Trevor Jones**. "There are ways of getting around financial problems."

"All and all I'd have to say we have improved a lot over the past three years, and I hope we keep on improving," said McDaniel.



The newest memeber of the jazz band, **Stephen Kennedy**, plays along with his newly-acquired bandmates to try to get the feel for their style. Kennedy came to the Scarlets from Lincoln High.



Practicing hard for an upcoming competition, freshman **Shane Kellow**, senior **Trevor Dickey**, and junior **Adam Carson-Sparks** each play their own role in making the sound as good as possible. All three were newcomers to the band.

Story & layout by Megan Smith



Enjoying her first year in the jazz band, freshman **Jennifer McDaniel**, right, plays along with sophomores **Kate Bauman** and **Mike Hickman**. All three sax players worked hard every day to create the best sound they could.

Freshman **Ben Chapil**, sophomore **David Rogers**, and junior **Doug Rowe** play along with one of the many songs performed for competition. "All three of these kids are very talented," said band director MarkHawkins.







Playing the electric guitar, **Howard (aka Dustin) Harmsen** shows off one of his many musical talents. Harmsen also plays the bass guitar, piano, accordian, banjo, upright bass, and many other instruments.

Jazz Band

Attached Strings

Imagine an auditorium, the curtain opens and applause roars from the crowd. The sound echoes throughout the room. When they finish, everyone stands and cheers "Encore!"

Wondering what concert you're at? It's just one of the many concerts that the EHS orchestra performs annually.

This year the orchestra had four main concerts, ones during Halloween, winter, spring, and another one in May. During the Halloween concert, some of the surrounding high school orchestras combined and toured around to the middle schools wearing costumes. In winter, they went to Merle Hay Mall and performed Christmas songs, then went shopping.

"I loved the mall trip," said sophomore **Kortney Stevens**. "We got out of school and got to go shopping."

According to orchestra director **Jennifer Luft,** being in orchestra is hard work but "we also have a lot of fun." Luft has been the orchestra director at East for eight years. She started playing the cello in 4th grade and is now a part of the Ames Central Iowa Symphony.

In order to be involved in high school orchestra, a player must take orchestra in middle school. High school has a high level of expectation and more students with more experience.

"I have been in orchestra since fourth grade and I love it," said sophomore **Ashley Hughes**.

They practice every day 6th period, and also have individual lessons to work on their parts. They are also expected to practice at home to improve their skills.

"It's a change for freshmen. They have to practice more. The music is a higher level than middle school and we also have more concerts," said Luft.

The freshmen have to get used to having practices every day, not alternating days like in middle school. Also, the music has a faster beat and has more difficult tempos and rhymes to catch on to.

"Orchestra has always been lots of fun. I always enjoy playing wonderful music while spending time with great people and a great teacher," said freshman **Abby Glover.**

EHS orchestra also attended some competitions, including the solo and ensemble competition on April 17, which was held in Boone. They also attended a large group competition on May 7 at Valley High School.

"I enjoy listening to the orchestra. They play so good and seem to have a lot of fun doing it," said sophomore **Meagan Mangra**.



aking a break from practing, sophomores Nataleen Sakakhanone and Seashia Vang pose for a quick picture. This is their second year particpating in orchestra, and plan to continue till they graduate.

Story & layout by Nickie Freel



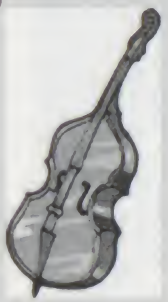
ophomore Kortney Stevens concentrates on playing the right notes for their spring concert. The orchestra had four main concerts this past year, including touring around the Des Moines area.



erforming for the EHS student body during a school wide assembly, the orchestra plays music they planned for their Halloween show. This show consisted of fun seasonal songs.



Name that Instrument!

1) 

2) 

3) 

4) 

A) Cello B) Viola C) Violin D) Bass

1=D, 2=A, 3=B, 4=C

"I will never forget..."



"One thing that I'll always remember is our 'One, two, three break a leg' ritual before we went out to perform."

"I don't think anyone will forget Taryn Brumm's impression of 'Party Boy'."

~Senior **Christy Lem**



ancin' their hearts away are juniors **Amber Preas, Anna Miller, Ashlee Peterson, Cassi Bainter,** and senior **Christy Lem.** Below at right, Steppers did an old school hip hop dance with SDS for a pep assembly during football season. The girls also did clinics for middle school girls where a routine was taught and performed.

miling from ear to ear, freshman **Kacie Eggen** and juniors **Amber Preas** and **Ashlee Peterson,** pose for the camera before they perform for the winter assembly. They performed to the Jackson 5's version of "Santa Claus Is Coming To Town." Steppers did Lil' Steppers for elementary kids for basketball season.









appy Halloween! Steppers tried to find ways to have fun together and one of the activities was a Halloween party. At left, junior **Taryn Brumm** does her famous "Party Boy" impression for her coach while getting ready for state competition.

Story & layout by Amanda Khodai

Work it to the top





coach or a sponsor can't be around forever. This is what the returning Steppers thought when they had to say goodbye to their old coach and hello to a new coach. But the hello was to a familiar face, a former Stepper named **Brandi Reinig**.

"I helped out with last year's squad to help prepare them for state and came to some of their performances. I always told Kathy Daniels (former Stepper coach) that I would be interested in taking her place when she decides to leave, but I didn't know it would be this soon," said Reinig.

Reinig's number one goal was to do more than one dance at state and that goal was met. Steppers took a song called "Eaten Alive" by Dianna Ross and junior **Amanda Khodai** choreographed it as a jazz routine. The second routine was "Business of Love" from the movie *The Mask*, choreographed by Reinig. Both received plaques for Division I and "Business" placed third in their division.

Senior **Christy Lem** said, "I will never forget performing 'Eaten Alive' because at the beginning we couldn't hear the music so we stayed in our first pose for a minute and thirty seconds."

Last summer's camp was different than others in the past, it was an "in-house" camp. Instead of a guest instructor, the coach taught the squad some basic jazz techniques such as turns and leaps.

At camp, each girl learned six new dances and reviewed their try-out routines.

"Camp was long, of course, but it was also a way for us to get better at techniques such as splits and leaps," said junior **Cassi Bainter**.

Every year Steppers wear their traditional pep uniforms and buy the basic dancewear, like black dance pants, black and white dance shoes, and tights. This year Reinig decided to add costumes made for state and a new dance top.

Junior **Ashlee Petersen** said, "I like performing in a costume because I think it makes us look more like a dance team."

Let's hear it!!! Spirit

Nervousness, sweating, shakiness... the mind is drawing a blank. Around April, this is what goes through minds of cheerleaders trying out for the next school year.

"I don't know why I still get nervous when I try out," said senior **Teara Rice**. "I have been doing this for three years."

Last April, clinics lasted a week long, starting on Monday ending on Friday. Tryouts were the following Saturday.

"I always know to take a week off of work ahead of time," said senior **Laquana Watley**.

Tryouts consisted of having to learn jumps, coordination, three cheers and a dance performed in front of a group of judges.

"The cheers were hard to learn and usually the dance is hard, but this year the dance was short and simple," said junior **Jessica Beavers**. "The hardest part, though, is having to perform in front of the judges because all eyes are on you."

Some forty girls walked in as determined individuals and 22 girls walked out as a squad.

"Almost all the girls who made it this year for varsity were the same girls who made it in the previous years," said senior **Gina Hughes**. "So it made it easier for us because we have worked together as a squad before."

According to Coach **Denise Rourke**, the squad is impressive this year. "I always enjoy the kids, they are a great group of girls."

The girls wasted no time. They began practices on Sundays and some Wednesdays to prepare for games in the fall and winter. They also had to come up with a one-minute pom routine to perform at camp.

"Practices are always hot in the summer and this year was extremely hot," said junior **Ashley Vasey**. "But practicing in the summer outside is better than practicing in the winter inside."

The girls went to a UCA camp called Okoboji.

"Traveling there was the worst part because we usually go in a charter bus, but we went in a school bus," said Rice. "So it was a bumpy and very uncomfortable ride."

Camp consisted of learning 8 cheers, 2 dances, and 12 "sidelines." Most important was learning to work as a squad.

"UCA always come up with cute cheers," said Hughes. "I like having new and different cheers to add to the ones we already have."

After 4 days at camp the girls had to prove that they came back with more knowledge then when they went.

"Going to camp always gives me a chance to spend time with everybody," said senior **Amanda McConnell**. "This was my last year at camp so I made it a fun one. I am going to miss going to camp and I am going to miss these girls."



Chelsea Petersen



Katie Ring



Mayeka Crawford

Senior Cheerleaders





Story & layout by Thyta Inthavong

Senior Cheerleaders


Rochelle Remus


Gina Hughes


Thyta Inthavong


Annabelle Kelly


Samantha Winebrenner


Rorrie Nagy

Laquana Watley
Lauren Reed
Teara Rice
Amanda McConnell

Senior Cheerleaders









e yell, we cheer, we have no fear, the Scarlets are here." At far left, junior Elyse Logan gives a cheer with senior Rochelle Remus during the kick-off at Ottawa. Left, senior Thyta Inthavong, dressed as "all-star" cheerleader, celebrates with junior Amanda Conner (McCotter) who also is "all-star" cheerleader. At top, these ladies get ready for spirit day. Their theme was the 80's, wearing their hair to the side.







PUMPIN' UP the crowd

All right, all right, all right, E H S," is what the freshmen and sophomore cheerleaders yell to get the crowd pumped up. But one thing most students don't realize is that this group has a lot of unrecognized talent.

The squads bring a lot of hope to the future varsity cheer squad. The freshmen are a part of an "All Stars Team" and the sophomore team show real potential for the future.

"I know that the future cheerleaders will be awesome and just put their hearts out," said senior **Gina Hughes**. "With some of the freshmen's tumbling and just their potential, they show promising years to come."

The All Stars originated at Hoyt Middle School. It is for girls who want to improve in cheerleading. This is an alternative to the regular PE classes offered there.

"I think that they are a good group of girls," said senior **Thyta Inthavong**. "You can tell that they just click well, and when you click, you work together better, so it really helps them. They will be true leaders in the future."

The freshman, sophomore, and varsity squads work hard to build school spirit, practicing on Sundays from 5-8 p.m, sometimes longer if needed.

"I like seeing the crowd pumped up at games; it makes me feel like we are doing a good job getting them to start cheering for our team," said freshman **Addison Speck**.

With a lot of seniors leaving, the future cheerleaders bring a lot of hope for the years to come.

"The freshmen are just awesome. When we lose our seniors it will be hard, but we know that we'll have a great squad in the years to come," said sophomore **Nikki Freel**.

Whether pumping up crowds or just showing school spirit, the cheerleaders know how to give their best at all the school games and activities.





Story & layout by Cassi Bainter



ophomore cheerleaders pumped the crowd up during the Jamboree in August. Most of the girls were chosen to continue from their freshman year.



"It's awesome that all my friends are cheerleaders with me and I know that in the years to come I will remember all the good times!"

- Sophomore Meagan Mangra



he freshman cheerleaders pose for the camera showing off their wonderful smiles. These girls are part of the CIML "All-Star" cheerleading team.



he sophomore cheerleaders show off the ribbons and the trophies that they received at camp in the summer. The camp took place in Okoboji, Iowa.



ophomore Brenna Kimmel shows her goofy side and has fun despite the fact that she injuried her knee at camp. Last summer, several girls ended up on crutches from stunt injuries and fooling around.

DANCE fever

The students in Scarlet Dance Squad (SDS) spread a fever all over EHS and everyone has it. . .a bad case of dance fever, with their moves and music.

SDS is a group of diverse students that perform dances for the school. Sponsor and teacher **Michelle Hankins** says it's better to have that range within a group.

"I love the diversity, it's not just one race," said junior and captain **Nolan Walker**.

SDS started in 1989 when a group of six African-American girls felt they were not given a fair opportunity to join the other dance groups at EHS. Therefore, the group went to the principal, **Jerry Stilwell**, and he agreed to let them start the group. However, they needed to find a sponsor, so they asked teacher **Fani Wilson-Cunningham** and she accepted.

When SDS first started out, it was mostly girls. There were boys who wanted to get in and participate, but because of the mockery and jokes from the other students, they wouldn't join.

"I was a little embarrassed when I first started out, but now there's no reason to be," said Walker. "SDS is very amusing to me; I love everything about it. It's not like we are given a routine and perform it. We pick our routine ourselves, and we participate together as a group," he said.

This year three boys were brave enough to join SDS. The boys dance along with the girls to the hip-hop music.

"SDS is a lot of fun and it has its ups and downs. None of us in the group is embarrassed or anything like that," said freshman member **DeMarcus Mitchell**.

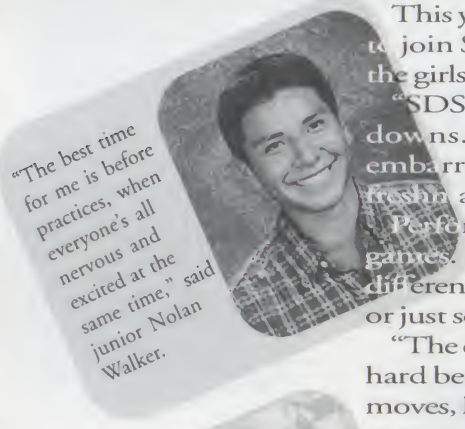
Performing is hard at times for SDS at games. They run into the problem with different schools having the same routines or just some of the same moves.

"The competition against North High is hard because we get into fights about the moves, like they take some moves from us or we take some moves from them and so forth," said Walker.

"There's been a couple of times when schools took the routines we were going to perform or the same songs we were going to use with our routine," said Mitchell.

When the last sponsor, study hall teacher **Frances Deaton,** quit, SDS needed a new sponsor or they wouldn't be able to keep going with their organization. Hankins decided that she would sponsor them.

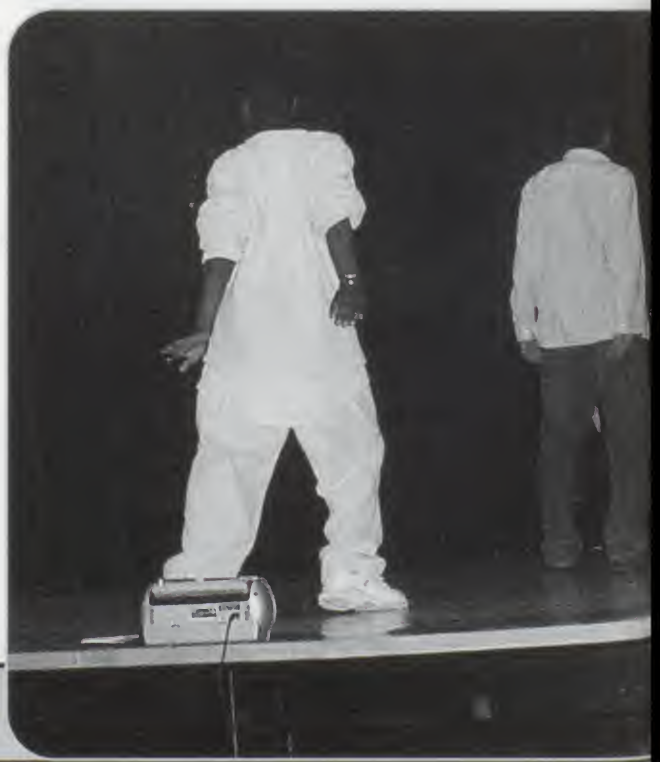
"I've got to say that the best time in SDS for me was when Hankins became our sponsor," said Mitchell.



"The best time for me is before practices, when everyone's all nervous and excited at the same time," said junior Nolan Walker.







Story & layout by Brittani Coleman



reshman DeMarcus Mitc
junior Nolan Walker, and
freshman BobbieJo Blair are
practicing the new routine in the
auditorium. The last performance will
be the last school assembly.

ancing to the music of SDS' new routine is freshman **DeMarcus Mitchell**. He is one of the three boys that are not embarrassed at being a member of SDS.







he boys of SDS, freshman **DeMarcus Mitchell** and junior **Nolan Walker** practice their new routine, at far left. At left, Walker and junior **Jociaria Clark** get their moves on for their new routine.





aking a breather from a long practice, freshman **Abby Dawson** and junior **Marybeth Phillips** hope all of their hard work pays off at the upcoming state competition. The team practiced every Tuesday and Thursday for two to three hours for about three months in order do perfect their routine.





rying out the new blow-up guitar, junior **Shannon Stewart** had high hopes to have fun at Winter Guard competitions. The guitars are just one of many props the guard used for field shows this year. Other props were three back panels, top hats, and other blow-up instruments.



SPINNING to victory

t's halftime at the Friday night football game, and just as you're about to get up to get that hot dog and Mountain Dew, you see three large backdrops entering the field, and it sparks your curiosity. Suddenly there are three whistles and you see the Color Guard, along with the rest of the marching band, racing onto the field and getting into position.

The guard used the backdrops to hide their flags and other performing props such as blow up instruments and top hats. Band and guard moms helped to get the large decorations onto the field for every football halftime. This was especially helpful when the girls ran on to the field instead of doing the traditional march-on.

"Practicing the run was a little tiring," said sophomore **Melanie Woltz**, "but when we performed it, it was really fun."

The guard met on the practice field this year at 7 a.m. Tuesday through Friday to perfect their field positions, marching techniques, and jazz runs.

"It takes a lot of dedication to be able to show up every morning ready to work hard," said sophomore **Heather Alexander**. "I'm really proud of the girls who gave it their all."

The girls joined the marching band in several competitions, one of which was Valley Fest in mid-fall.

"The rain made it challenging," said senior **Felicia Coe**, "but it was really fun. Everyone got onto the busses sopping wet."

"One team even got off of their bus to tell us what a good job we had done," said freshman **Abby Dawson**. "I thought that was really cool of them."

The Color Guard is also involved in the Iowa State Dance and Drill Team Competition each year at Vets Auditorium. When their names were called, Coe and senior **Megan Smith** stood up to receive their division one plaque.

"Division one was our goal for the competition and that's what we got," said Coe. "I hope next year the girls will set a higher goal."

The goal was met by two and a half hour practices every Tuesday and Thursday. There the girls learned the routine, did stretches, and did spin drills to improve performance skills.

"I don't mind the practices," says freshman **Vanessa Smith**. "because I get to see my friends, and they keep me from sitting around all of the time."

"Usually, if you're not feeling very motivated, someone else is," said junior **Shannon Stewart**. "It helps a lot to be on a team with such dedicated girls."

"In all of the years I've been watching the guard I'd have to say this year they've been at their best," said Activities Director **Lowell Long**.

That dedication springs from the hard work of coach **Michelle Eggleston**. She has been coaching for three years and was the captain of the guard team at Iowa State. She graduated from East and says that, though there are challenges, when the guard does well it keeps her motivated to continue coaching.

Story & layout by Megan Smith

rying out their new wigs, junior **Shannon Stewart**, freshman **Kayla Worden**, and senior **Megan Smith** finally get the payoff for all of the fundraising they've been doing. The team raked approximately 40 yards and made anywhere from $20-100 for each.

howing that Color Guard isn't all fun and games, freshmen **Vanessa Smith** and **Sydney Williams** work hard to obtain the good grades required to stay on the squad. Smith says she enjoys the dancing aspect of Color Guard, however, Willams says she enjoys spinning rifles the most.

fter a long practice the girls shuffle off the field to get to their second hour classes on time. The girls practiced every day from 7 a.m. to the end of first hour, except on Mondays. They practice with the marching band to perfect their performances for each home football game.



12-b or not 12-b, That is the Question

On December 19, the winter formal known as 12-B was officially on. As of January 5, whether it would still go on, was in question, but after some work from the hostesses, by January 7, it was officially back on again. The date of when it would happen was not final until January 20.

"It's hard getting a dance like this together, especially when not many girls seem interested in doing it," said head hostess, senior **Nikki Cockerham**. "We got really frustrated at times, but I think after we put up more fliers and talked to more girls, that got us a lot of help."

For about the past five years, the dance has always had a flimsy existence. This was mainly because it is student run, which, to some, is what leads to the other problems, like not getting enough recognition or support.

12-B was originally intended for the seniors that graduate early, and who would not be able to attend prom in the spring. In past years, though, it has been open to all seniors, and underclassmen show up too.

The two main hostesses, seniors Cockerham and **Ashley Letze**, helped plan the event and recruited the 12-B hostesses for help with decorations. Besides figuring out the date of the event, finding the hostesses was another problem.

"I wanted to do it to mainly help out my friends, but it got to be a hassle because the date was always changing," said senior **Jeanna Frost**. "It cost $20 to do it, and it was also a sweet-heart dance because they decided to do it on Valentines Day, which was not too appealing."

It may also not have been too appealing because it was the weekend after Spree, an informal dance usually held after 12-B.

"I had to help out at Spree which was fun, but then, after I found out that 12-B was the weekend afterwards, I had to take more time off work and spend more money. I still had a good time though," said senior **Sierra Buck**.

After all the stressing, the dance went off without a hitch. In the end everyone had a good time.

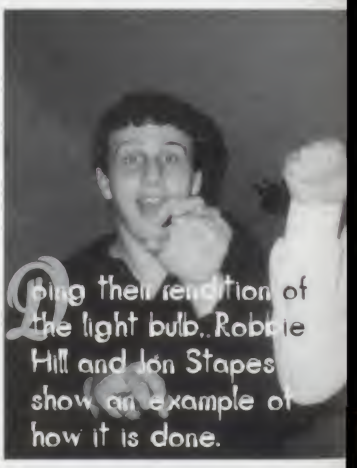
"Hopefully next year the hostesses will start early and have a definite plan of action so they won't be scrambling around at the last minute," said secretary **Sharon Page**.

-By: Amber Zenor





Stac[illegible]Owens and Tony Miller



[illegible]ing their rendition of the light bulb, Robbie Hill and Jon Stapes show an example of how it is done.



[illegible]tting their game faces on this group of guys get ready to go cut some rug.



Looking lovely, these ladies stop to get a picture taken before the dance.



Ben Van Syoc and Sierra Buch



Finding a comfortable spot, junior Robbie Hill takes a quick nap before getting back to his date.



Jon Stapes and Rorrie Nagy



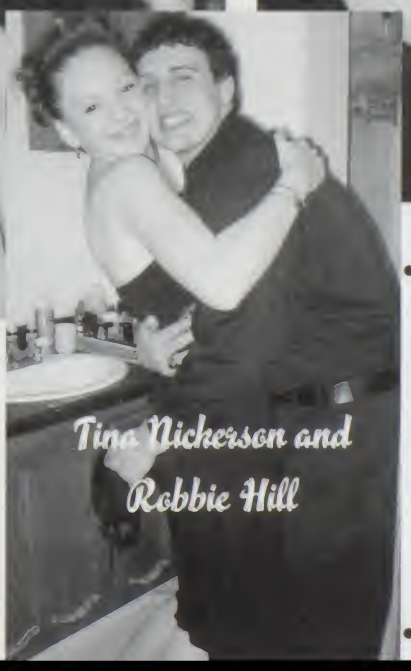




Trevor Jones and Sam Winebrenner



On their way to the dance floor, a couple of hostesses, and a few other girls, stop to pose for a quick picture.



Tina Nickerson and Robbie Hill

12-b

Organizations 2004



VARSITY CHEERLEADING. Front Row: Thyta Inthavong, Ashley Vasey, Jessica Beavers, Sara Enos, Rorrie Nagy, Chelsea Petersen, Amanda McConnell, Elyse Logan. Row 2: Laquana Watley, Teara Rice, Elma Mujakovic, Amanda Christie, Gina Hughes, Erica Latcham, Amber Tyler, Reeio Sumabat. Back Row: Myneka Crawford, Nicole Waldron, Lauren Reed, Katie Ring, Ashlee Rankin, Carissa Hibben, Samantha Winebrenner, Annabelle Kelly, Heidi Hedberg, Rochelle Remus.



JV CHEERLEADERS. Front Row: Elma Mujakovic, Amanda Christie, Sarah Enos, Erica Latcham. Back Row: Nicole Waldron, Amber Tyler.



SOPHOMORE FALL CHEERLEADERS. Front Row: Stephanie Chubb, Meredith Breton, Mindy Carey, Lacey Leichliter. Back Row: Alyssa Heggen, Nicole Freel, Mallory Johnson, Jenna Crum, Meagan Mangra.



SOPHOMORE WINTER CHEERLEADERS. Front Row: Stephanie Chubb, Mindy Carey, Katelyn Dehaan, Meredith Breton, Brenna Kimmel, Lacey Leichliter. Back Row: Ashley Walker, Valerie Coe, Nicole Freel, Alyssa Heggen, Jenna Crum, Meagan Mangra, Kari Kellen, Mallory Johnson.



FRESHMAN CHEERLEADERS. Front Row: Addison Speck, Nicole Raymond, Kacey Barker, Lacey Burgen. Back Row: Paige Strock, Carla Marroquin, Brittany Robbins, Christina Tharp, Nikki Robbins, Katie Moses.

Layout: Kilgore Trout.



COLOR GUARD. Front Row: Shannon Stewart, Marybeth Phillips, Melanie Woltz, Kayla Worden, Sidney Williams, Allison Davies. Row 2: Abby Dawson, Sarah Strock, Heather Alexander, Vanessa Smith. Back Row: Dayna Williams, Felicia Coe, Megan Smith, Genesis Beltran.



STEPPERS. Front Row: Emily Dearchs, Amanda Khodai, Ashlee Peterson, Andrea Denning, Anna Miller. Row 2: Amber Preas, Taryn Brumm, Cassi Bainter, Amy Page, Kacie Eggen, dropped.



SCARLET DANCE SQUAD. Front Row: Belinda Stigler, Jociaria Clark. Back Row: Nikita Person, DeMarcus Mitchell, Nolan Walker, Jerrica Amerison. Not Pictured: Richard Fierro, Shawnique Alexander, Tiffanie Brown, Bobbie Jo Blair.



CHAMBER CHOIR. Front Row: Melody Gregg, Zoila Chamale, Seashia Vang, Ashley Baccam. Row 2: Evan Fousek, Arielle Petrie, Amanda Pierce. Back Row: Brenda Harnan, Andrew Van Gundy, Heather Alexander, Kathryn Bauman. Not Pictured: Charles Reese.



MIXED CHOIR. Front Row: dropped, Amanda Thompson, Ronnie Cowles, Chelsey Wood, Kimberly Fleming, Jessica Nelson, Kathy Leothi. Row 2: Kayla Goffman, Brooke Wilber, Neil Issa, Chris Huynh, Peter Chanthaung, Giao Nguyen, Rachael Fowler, Melissa Uvalle, dropped, Jennifer Brown. Back Row: Beverly Wagner, Sammi Thurman, Jennifer Radley, Annette Riggan, Yvonne Reid, Kari Bush. Not Pictured: Kayla Tharp and Kandi Latcham.



BASS CHOIR. Front Row: Nick Anspach, Josh Woolson, David Curtis. Row 2: Michael Deal, Brett Adams. Back Row: Jon Long, Tom Wilson. Not Pictured: Darron Haygood.

Layout: Kilgore Trout.



LADY SCARLETS CHOIR. Front Row: Maria Maceda, Kimberly Owens, Anna Miller, Amanda Morlan. Row 2: Clista Hazelwood, Amanda Pierce, Alison Augspurger, Karen Sawhill, JaRae Shelton. Back Row: Celeste Lacona, Sarah Huffey, Christina Anderson, Alicia Bowman, Jessica Hayes. Not Pictured: Dixie Tyler.



PREP CHOIR. Front Row: Matha Theppanya, Ashley Wright, Jami Bowen, Katelyn Moses, DeMarcus Mitchell, Jerilyn Dudley, Rachel Alexander, Michelle Sutherland, Sarah Stroud. Row 2: Misty Ritter, Nicole Miles, Kim Irving, Breanna Fousek, Jennifer Cantwell, Rachel Olson, Aleson Teichroew. Back Row: Alicha Rivas, Jalesa Daniels, Colleen Mills, Manichanh Naonady, Deron Butts, Eldon Campos-Anderson, Brandon Brown, Bobbie Jo Blair. Not Pictured: Sean Calaway, Kari Wilson, Austin Draude, Era Elliott, Joseph Janes, Kathleen McCuddin, Dani Scott.



AUDIO 815 (Jazz Choir). Katelyn Moses, Andrew Van Gundy, Amanda Morlan, Brinden Kelly, Arielle Petrie, Charles Reese, Harold Dudley. Not Pictured: Jerilyn Dudley, Jarae Shelton.



NATIONAL HONOR SOCIETY. Front Row: Catherine Swoboda (VP), Amber Preas, Alison Augspurger, Nicole Omundson, Megan Niffenegger (Pres.), Shannon Stewart, Ao Vang, Nilaphay Vorasith, Lidia Chamale (Sec.). Row 2: Courtney Chaplin, Ashley Johnson, Brenda Harnan, Amber Tyler, Casey Dawson, Yuridia Carrasco. Row 3: Robert Bourdon, Allison Griffiths, Emily Rice, Donna Soulinthavong, Kathryn Lown, Trevor Jones. Row 4: Kevin Bradford, Patrick Suggett, Rochelle Remus, Andrew Van Gundy, Jesse Antelman (Treas.), Somwong Kitthikoune. Row 5: Nicholas Lange, Joshua Young, James Smith, Michael McCourt, Sponsor Amanda Eimers, Sponsor Shawna Green. Back Row: Christopher Kayser, Nicholas Anspach, Jeremy Dunkin. Not Pictured: Brooke Brumley, Jennifer Carr, Thyta Inthavong.



KEY CLUB. Front Row: Josh Sholley, Cheyanne Young, Jamie Rowe, Pat Copper. Row 2: Tamara Clark. Back Row: Rochelle Remus, Amanda McConnell, Josh Young, Alina Smitskaya, Christina Anderson. Not Pictured: Jesse Antelman, Alison Baldwin, Lewis Grim, Carlos Patino, David Curtis, John Long.



STUDENT GOVERNMENT. Front Row: Sponsor Samy El-Baroudi, Latisha Streeper, Nathaleen Sakakhanone, Rochelle Remus, Jesse Antelman. Back Row: William Powell, Tyler Locke, Nilaphay Vorasith, Seashia Vang. Not Pictured: Kim Cavan, Casey Dawson, Jeremy Dunkin, Heather Held, Katy Lovan, Carol Loving, Geoff Moore, Kevin Senephansiri, Mimi Sengsirivonh, Jamila Yakubu.



NCYL (National Council on Youth Leadership). Front Row: Catherine Swoboda, Christy Lem, Yuridia Carrasco, Andrew VanGundy, Nicholas Anspach, Michael McCourt. Back Row: Charles Reese, Trevor Jones, Rochelle Remus, Robert Bourdon, Jesse Antelman, Christopher Kayser, Somwong Kitthikoune. Not Pictured: Gina Hughes, Delise Lockett, Megan Niffenegger, Emily Rice, Joshua Young.



SENIOR BOARD. Front Row: Nilaphay Vorasith, Brenda Muniz, Lizeth Medina, Marisol Alatorre, Thyta Inthavong. Row 2: Jesse Antelman, Trevor Jones, Samantha Winebrenner, Staci Owens, Rochelle Remus. Row 3: Trevor Bird, Brooke Budd, Courtney Chaplin, Robert Bourdon, Tim Ballard, Samantha Puffenbarger. Row 4: Jeff Garretto, Joesey Jackson, Sierra Buck, Felicia Wagner, Sandy Patterson, Angie Puffett. Row 5: Molly Heggen, Megan Niffenegger, Heather Hill, Andrew Van Gundy, Alia Winterbottom, Jeni Bosley, Mikaela Atkins. Back Row: Monica Stockbauer, Jeanna Frost, Josh Young, Gina Hughes, Amber Zenor, Laquana Watley, Myneka Crawford, Annabelle Kelly, Charles Jilek, Jeremy McDaniel. Not Pictured: Brooke Brumley, Lidia Chamale, Zoila Chamale, Stephanie Chia, Jessica Christie, Jeremy Dunkin, Jessi Fenton, Lewis Grim, Lindsey Houchin, Jacqueline Kern, Sarah Kernes, Ashley Letze, Carol Loving, Amanda McConnell, Amanda Preston, Lauren Reed, Emily Rice, Adam Scarlett, Julie Southammavong, Amanda Stevens, Bobbie Stradley, Reeio Sumabat, Ashley Townsend, Nicole Warner, Larry Wright.

Layout: Kilgore Trout



PEP E CLUB. Front Row: dropped, Arielle Petrie, dropped, Emily Rice, Samantha Winebrenner, Melissa Peterson, Jeni Bosley. Row 2: dropped, dropped, Brooke Budd, Rorrie Nagy Joesey Jackson, Rochelle Remus, Amy Page, Anna Miller, Amber Preas, Amanda Khodai, Ashlee Peterson, Andrea Denning, Emily Dearch, Kacie Eggen. Row 3: dropped, Kelsey Boattenhamer, Amanda Preston, Sierra Buck, Courtney Chaplin, Robert Bourdon, Tessa Hartman, dropped, Amber Tyler, Lacy Flarety, Lacey Leichliter. Back Row: dropped, dropped, Haley Boattenhamer, dropped, Christy Lem, Felicia Wagner, Ryan Remus, Kurt Rivas, Andrew Webber, Robbie Hill, Trevor Bird, Andrew Strahl, Kenny Phatavong, Mike Deerr, Shelby Speck, Lacey Rivera, Courtney Stevens, Ashley Hughes.



UPWARD BOUND. Front Row: Julie Southammavong, Katy Lovan, Christy Lem, Latisha Streeper. Row 2: Alicia Alvarez, Alex Kitthikoune, Michael Her, Yout Yingyoth. Back Row: Felicia Wagner, Outhai Xaysana, Johnson Phenouvang, Chris Kayser, Alee Lovan, Geoff Moore, Andy Buch, Kelsey Brooks, Chris Guhl. Not Pictured: Ashley Buch, Harold Dudley, Pedro Leanos, Pheng Lee, Samantha Reuskens.



SCIENCE BOUND. Front Row: Yuridia Carrasco, unknown, Roxana Ferreyro, Gustavo Ceballos. Row 2: Elyssa Patino, Juane Ceballos, Judeth Ceballos, Yudith Ceballos, unknown, Walter Mendez, Eric Johnson. Row 3: Myra Weatherall, unknown, unknown, Joseph Huffman, Annette Ryun, Alyssia Rivera, Yadira Moreno, Eldon Campos Anderson. Back Row: Jarae' Shelton, Izaak Moody, Vivian De La Cruz, Ashley Johnson, Ashley Botts, Delise Lockett, Tyler Locke. Not Pictured: Silvia Aguayo, Genesis Beltran, Saul Ceballos, Harold Dudley, Luis Quintanar, Ashley White.



TOP 3%. Front Row: Lidia Chamale, Monica Wieskamp, Nate Roth, Courtney Chaplin, Robert Bourdon, Michael McCourt. Row 2: Brenda Muniz, Catherine Swoboda, Andrew Van Gundy, Rochelle Remus, Jesse Antelman, Jonathon Long. Back Row: Brenda Harnan, Tony Miller, Trevor Jones, Chris Kayser. Not pictured: Brooke Brumley, Delise Lockett, Megan Niffenegger, Emily Rice, Josh Young.



TOP 15%. Front Row: Jeremy McDaniel, Gregory Tarr, Yuridia Carrasco, Christy Lem, Nathaniel Roth, Megan Niffenegger, Ashley Johnson, Nilaphay Vorasith, Tyler Boattenhamer, Christopher Kayser, Andrew Van Gundy. Row 2: Brenda Harnan, Michael McCourt, Jeanna Frost, Felicia Wagner, Somwong Kitthikoune, Oudaphone Tran, Charles Reese, Jonathan Long, Michael Deal, Jesse Antelman. Row 3: Tori Crum, Nicole Warner, Rochelle Remus, Staci Owens, Anthony Miller. Back Row: Trevor Jones, Marisol Alatorre, Deisy Ceballos, Julie Southammavong, Brook Budd, Joesey Jackson, Sierra Buck, Courtney Chaplin, Thyta Inthavong, Kristen Robinson, Alia Winterbottom, Jonathon Stapes, Benjamin Van Syoc, Gina Hughes, Robert Bourdon. Not Pictured: Catherine Swoboda, Monica Wieskamp, Lidia Chamale, Joshua Young, Emily Rice, Delise Lockett, Brook Brumley, Brenda Muniz, Nicholas Anspach, Sandy Patterson, Jessi Fenton, Jennifer Carr, Kristin Bernhardt, Kiersten Dulaney, Amanda Stevens, Jeremy Dunkin, Darin Williams, Amanda McConnell.



BUSINESS PROFESSIONALS OF AMERICA. Front Row: Kim Cavan, Niaphay Vorasith, David Blythe, Aginda Lu, Mary Jane Kaldenburg. Back Row: Julie Southammavong, Sisamone Thammaroth, Heather Hill, Amanda Goff, Molly Heggen.



SCROLL STAFF. Front Row: Nicole Omundson, Shannon Stewart, Sierra Gallardo, Courtney Chaplin. Row 2: Anna Scarbrough, Jeremy Miller, Ryan Neff, Amy Miller. Back Row: Timothy Bolten, Robert Black, Nicole Waldron, Josh Young, Erika Mullin.



QUILL STAFF. Front Row: Erica Sholley, Tiffany Smith, Cassi Bainter, Barbie Morris, Jamilla Yakubu, Amber Tyler, Jesse Antelman, Thyta Inthavong, Alicia Alvarez, Katelin Eaton. Back Row: Amanda Khodai, Katie Lown, Casey Dawson, Thuy Huynh, Gina Hughes, Tina Nickerson, Staci Owens, Jessica Hayes, Alicia Bowman, Carrie Chapman, Viviana de la Cruz. Not Pictured: Megan Smith, Amber Zenor.



GEAR UP. Front Row: Shannon Wagner, Susan Sanachit, Aginda Lu, Mimi Sengsirivanh, Nicole Kouri, Susan Stewart, Lindsee Hook, Yadira Marroquin, Katy Lovan, Patrick Suggett, Anna Scarbrough. Row 2: Cristal Villanueva, Stacy Spencer, Erika Mullin, Mikea Carson, Juanita Alvarado, Jerica Brown, Shannon Stewart, Jenne Reedholm, Peter Cooper, Gricelda Ramirez, unknown, Veronica Cain. Back Row: Miranda Atchison, Joseph Channon, Kelsey Boattenhamer, Nicholas Lange, Mathew Halverson, Jameson Gerstenberger, Geoffrey Moore, Jeremy Miller, Andrew Strahl, Tasha Coe, Patrick Pollard, Demarcus Gines, unknown, Todd Wilson, Dean Hoang Van.

Not Pictured: Alan Althaus, Nickolas Ambroson, Mathew Barton, Drew Beals, Daniel Bernardino, Richard Bolden, Taryn Brumm, Meaghan Bruner, Jacob Campbell, Jarell Carson, Anthony Carter, Amanda Christie, Adam Clark, Jociara Clark, Kristina Daugharthy, Viviana de la Cruz, Jeffrey Elliot, Perry Erickson, Anthony Fields, Rick Fontana, Alexandra Giddings, David Glover, Dustin Goben, Adolfo Gonzales, Yesenia Guerra, Allen Harrington, Ben Heaberlin, Carissa Hibben, Samantha Holmes, Jenny Jensen, Marshay King, Pedro Leaños, Jordan Lee, Crystal Lester, David Lloyd, Jammy Lovan, Anthony Lozano, Jesse Madison, Julian Matias, Brent McCaffery, Ronald McConnell, Brandon McNeeley, Robert Miller, Joshua Nelson, Giao Nguyen, James Norton, Tyler Oliver, Antonio Ortega, Dana Piatt, Patrick Pollard, Amber Preas, Ashlee Rankin, Nocholas Rattray, Iliana Raygoza, Jennifer Robbe, Brian Roby, Kenia Rojas, Tobias Ross, Douglas Rowe, Shi Randi Scott, Paul Shipman, Robert Snyder, Jason Smith, Kale Stephens, Amanda Steward, Robert Thompson, Ashley Vasey, Mathew Waddell, Javon Washington, Dusty Westlake, Chasity Whisenand, Robert Wiese, Jeff Wright, Josh Ziegler.



PHOTO JOURNALISM. Front Row: Kristine Bolden, Iliana Raygoza. Row 2: Meaghan Bruner, Ashlee Forrest, Ashli Walker, Brooke Budd, Nicole Cockerham. Row 3: Joe Smith, Randy Choulamountry, Alia Winterbottom, Rorrie Nagy, Seara Gering. Back Row: Kevin Senephansiri, Nick Beal, Jenna Dunkin, Steve Williams, Rob Snyder, Stacey Madison.

NEW HORIZONS PROGRAM

NEW HORIZONS. Juanita Alvarado, Tyler Althaus, Damouck Baccam, Nicholas Beal, Stephanie Blaine, Aaron Britt, Stephanie Buckner, Tiffany Carlson, Eric Carrington, Myneka Crawford, Yolanda Dotson, Randi Durrett, Perry Ericson, Justin Fast, Michael Fausett, Richard Fierro, Adolfo Gonzalez, Tommy Gowdy, Allen Harrington, Courtney Harris, Ahmed Hired, Matthew Jones, Megan Jones, Kyle King, Marshay King, Britney Lee, Bun Lo, Orville Long, Cintana Lovan, Yadira Marroquin, Lajaherae, Amanda Morlan, Sara Morlan, Manichanh Naonady, Annette Riggan, Jose Sanchez, Melissa Sap, Ashley Scott, Jolene Short, Jheris Tate, Martha Theppanya, Andrew Van Gundy, Kou Vang, Craig Whitney, Joshua Woodson, Levi Yamen, Rachel Young.

Layout: Kilgore Trout



FRENCH CLUB. Front Row: Rochelle Remus, Sierra Darby, Paige Sorter, Erin Johnson, Seashia Vang, Nicole Freel, Dana Troyer, Natasha Brumbaugh. Row 2: Alicia Bowman, Sarah Strock, Genesis Beltran, Megan Niffenegger, Ashley Johnson, Lizeth Medina. Back Row: Morgan Graham, Maria Maceda, Josh Young, Walter Mendez, Monica Wieskamp, Alina Sinitskaya, Victoria West, Colin Coulter, Ryan Slinger. Not Pictured: Donna Soulinthavong, Katie Sturtz.



SPANISH CLUB. Front Row: Trevor Jones. Row 2: Brooke Wilber, Amy Page, Anna Miller, Brandon Ramirez, Roxana Ferreyro, Lidia Chamale, Megan Niffenegger. Row 3: Jeremy McDaniel, Yadira Marroquin, Andrew Strahl, Karen Sawhill, Kelli Sawhill. Back Row: Mark Mendenhall, Jeremy McDaniel, Arielle Petrie, Charles Jilek, Justine Eaton, Myra Weatherall, Elyssa Patino. Not Pictured: Trevor Bird, Zoila Chamale, Kelsey Treen.



MATH CLUB. Front Row: Ashley Botts, Yadira Moreno, Tyler Locke. Row 2: Sponsor Lora Evans, Rochelle Remus, Delise Lockett, Megan Niffenger, Emily Rice. Back Row: Catherine Swoboda, Co-Sponsor Daria Huang, Ben Van Syoc.



ART CLUB. Front Row: Catherine Swoboda, Kristen Robinson, Matt Norton, Patrick Suggett. Back Row: Tyrone Johnson, William Powell, Chris Moore, Arin Johnson, Lindley Warren.





FUSION. Front Row: Somwong Kitthikoune, Sponsor Samy El-Baroudi, Mike Her. Row 2: Mike Matthews, Khonesavan Kavan, Dean Hoang Van, Eric Kavan, Jason Boll. Back Row: Chris Guhl, Chris Kayser.

2003-4 Kiwanians of the Month

October
Trevor Jones



November
Rochelle Remus



December
Andrew Van Gundy



January
Catherine Swoboda



February
Josh Young



March
Courtney Chaplin



April
Chris Kayser



May
Senior Honors Students



DEBATE. Front Row: William Powell, Sunny Bounyalath, Melinda Lansing, Jessi Pridemore, Chris Moore, Ashley Baccam, Randy Chanthavong. Row 2: Kevin Sanders, Dania Hacket, Brian Lampkin, Margurite Moore, Jennifer Palmer, Cody Haltom, dropped, Chase Kemp. Back Row: Marc Whalen, Josh Young, Nacoln Phaipanya, Bryant Reynolds, Kenny Fleming, Yvonne Reid, Emily Rice. Not Pictured: Spencer Shaw, Geoff Moore, Austen Winterbottem, Lacy Flaherty, Amy Flaherty, Ben Borts, Sara Kain, Ashley Hughes, Kevin Brooks, Amanda Brooks, Genesis Beltran.



IHSSA (IA High School Speech Assoc.). Front Row: Randy Chanthavong, Sunny Bounyaloth, Jenny Jones. Row 2: Melinda Lansing, Ashley Baccam, Kelsey Brooks. Back Row: Codey Haltom, Evan Fousek. Not Pictured: Amanda Brooks-Fernandez, Jennifer Palmer.



LIBRARY AIDES. Front Row: Dawn Chapman, Kasara Felts, Amanda Morlan. Row 2: Matthew Neal, Nolan Walker, Jennifer Barker, Amanda Preston. Row 3: Sandra Smith, Heather Munyon, Samantha Byrd. Back Row: Angela Boley, Monica Stockbauer, Monica Wieskamp. Not Pictured: Kiersten Dulaney, Nacoln Phaipanya, Mallory Smith, Chelsey Wood.



SILENT SCARLETS. Front Row: Skyler Grenell. Row 2: Jon Guy, Evan Fousek, Lynnsey Farnsworth, Ronald McConnell. Row 3: Samantha Winebrenner. Back Row: Kashif Carson, Tasha Coe, Ricky Field, dropped, dropped. Not Pictured: Teri Ayres, Laura Bustamante, Mikea Carson, P.J. Cooper, Demarcus Gines, Daeron Merrett, Kerry Tyler, Tyrone Johnson, Stevie Dake, Richard Bolden, Mark Christensen, Lajaherae Mickens, Adam Spooner, Jon Gines.



THEATER ARTS. Front Row: Skyler Grennel, Jonathon Guy. Row 2: Christina Nickerson, Samantha Winebrenner, Jessica Daugherty, Melinda Lansing, Yadira Marroquin, Kelsey Brooks. Row 3: Daniel Fisher, Evan Fousek, Charlie Reese, Christina Anderson, Krystal Van Welden, Jennifer Jones, Kashief Carson. Back Row: Nicole Garrison, Tyler Locke, Melva Hanke, Kari Noble, Tasha Coe, Zack Reese, Jelena Raus, Teara Rice, Erica Carter, Genesis Beltram.



ACADEMIC DECATHLON. Front Row: Danielle Cannon, Rachel Diver, Harmony Gregg, Sara Kain. Back Row: Monica Stockbauer, David Rogers, Joseph Farley, Morgan Graham. Not Pictured: Adam Crane.

Layout: Kilgore Trout.



VOICES OF CHANGE/LEADERSHIP COUNCIL. Front Row: Erica Carter, Peter Cooper, Jennifer Jones, Samantha Winebrenner, Jon Gines, Jon Guy. Row 2: Teara Rice, Daniel Fisher, Richard Field, Jelena Raus, Yadira Marrogoin, Lajaherae Mickens. Row 3: Nicole Garrison, Kashif Carson, Zach Reese, Skyler Grenell, Javier Robles, Tasha Coe, Randy Chanthavong, Christina Anderson, Melinda Lansing. Not Pictured: Christina Nickerson, Kelsey Brooks, Sean Calaway, Lynnsey Farnsworth, Evan Fousek, Melva Hanke, Taja Holliman, Kari Noble, Ashley Baccam, Genesis Beltram, Tyler Locke.



SISTERS FOR SUCCESS. Jerrica Amerison, Princess Andrew, Terrie Bonds, Tiffanie Brown, Mikea Carson, Danisha Cheatom, Kianna Colton, Yolanda Dotson, Denise Drayton, Jerilyn Dudley, Deairess English, Kennesha Heard, Marquetta Holder, Taja Hollimon, Mykenna Johnson, Sharisheka LaMay, Shawniece LaMay, Delise Lockett, Denise Lockett, Morgan Roland, Rahey Sallah, ShiRandi Scott, Srephanie Sharp, Tasha Simpson, Kiawanna Smith, Stephanie Smith, Chasity Strong, Janeica Terry, Tina Turner, Tomeeks Walton, Kylee Woods.



ROCK IN PREVENTION. Front Row: Brent Farrell, Geoff Moore, Alex Kitthikoune, Chris Kayser, Mike Her, Felicia Wagner, Jamie Wagner, Paige Sorter. Row 2: Mallory Smith, Ashley Cortez, Sarah Huffey, Clista Hazelwood, Chamee Lee, Kari Bush, Chelsey Wood.Row 3: Lauren Reed, Robbie Hill, Tina Nickerson, Christy Lem, Tasha Hiatt, Mariesha Thomas. Row 4: Chris Timblin, Rob Shackelford, Sierra Buck, Courtney Chaplin, Samantha Winebrenner, Brandon Ramierz. Not Pictured: Tiffanie Brown, Desiree Chavez, Tamara Clark, Harold Dudley, Allen Harrington, Sarah Kernes, William Powell, Robbie Snyder, Amanda Stevens, Paris Thomas, Liz Whitney, Shawna Wolfe, Jamila Yakubu.



JAZZ BAND. Front Row: Michael Hickman, Samantha Gagle, Sarah Rowat, Trevor Jones, Jenna McDaniel, Kate Bauman. Row 2: Shane Kellow, Hanna Grimm, Colan Culter, Jeremy Miller, Brenda Harnan, Dustin Harmson, Will Harnan, Steve Kennedy, Courtney Bush, Brian Roby. Back Row: Director Vern Hansen, Ben Chappell, Trista Johnson, David Rogers, Doug Rowe, Jeremy McDaniel, Trenton Smith, Jake Atkins.



JAZZ COMBO. Front Row: Dustin Harmson, Hanna Grimm, Samantha Gagle, Trevor Jones, Ben Chappell, Josh Strother, Luke Neal, Director Vern Hansen, Michael Hickman, Trista Johnson, Courtney Bush, Jeremy McDaniel, Tenton Smith.



ORCHESTRA. Front Row: Dang Felton, Mandy Morlan, Larry Davis, Jackie Johnson, Hoang Nguyen, Amanda McConnell. Row 2: Mindy Jones, Abby Grover, Ashley Hughes, Nataleen Sakakhanone, Denise Sumabat, Alix Lu, Seisha Vang. Row 3: Joe Smith, Dustin Slemp, Kortney Stevens, Director Jennifer Luft, Sara Morlan, Trevor Dickey. Row 4: Robert Frye, Dustin Harmsen, Adam Hazelwood, Ashley Botts, Luke Griffith. Not Pictured: Sunny Bounyalath, Rachel Diver, David Dorsey, Amy Doyle, Morgan Graham, Jamie Johnson, Aginda Lu, Michael McCourt, Dan Murphy, Becky Pencook.

Layout: Kilgore Trout.



CONCERT/MARCHING BAND. Front Row: Trevor Dickey, Howard Harmsen, Hannah Grimm, Luke Neil, Bryant Lester, Katie Ring, Emilie Fessler-Boylan, Trevor Jones, Joshua Struther, Stewart Hall, Quintin Mitchell, Shane Kellow, Director Vern Hansen.
Row 2: Courtney Bush, Sarah Rowat, Ashley Van Gorp, Sarah Strock, Abby Dawson, Melanie Woltz, Sydney Williams, Dayna Williams, Vanessa Smith, Felicia Coe, Megan Smith, Allison Davies, MaryBeth Phillips, Shannon Stewart, Kayla Wardon, Heather Alexander, Genesis Beltran, Jennifer Palmer, Trista Johnston, Jiear Vang.
Row 3:Amber Meacham, Amber Coates, Megan McCallister, Anna McCourt, Jenna McDaniel, Andrea Grossman, Brooke Brumley, Heidi Kaldenberg, Jackie Sorensen, Dixie Tyler, Megan McElderry, Samantha Gagle, Niasha Cason, Mark Mendenhall, Trenton Smith, Nathan Schnoebelen, Christine McVey.
Back Row: Brian Roby, James Smith, Devin Cipperly, Aaron Degoey, Matt Neal, Michael Hickman, Brenda Harnan, Will Harnan, Jeremy Miller, Nick Lovan, Kyle Gowin, Kate Bauman, Jeremy McDaniel, David Rogers, Doug Rowe, Adam Carson-Sparks, Jake Atkins.
Not Pictured: Joshua Nelson, Adam VanHelten.

Imagine having singing practice every morning starting at 7 a.m. Then the next weekend having a gig to go to and having to be there all day. Most students probably couldn't handle it, right? Believe it or not, there are 20 students who can do all of this and still have fun.

"I have a lot of fun, but in order to have fun, we have to get everything right the first time. Then the second time we are just going over it and already know our parts," said junior **Amanda Morlan**.

Along with having fun, Audio 815 also has to be serious and get the job done. If they don't, they will be unprepared for their shows.

"It is a lot of work and takes a lot of time to learn everything on time for our performances. Luckily, all of us who are in jazz choir want to do this and are dedicated to do it. If we weren't, I don't think we would ever get anything done. We don't have time to goof off, we all come in expecting to get right to work," said senior **Andrew Van Gundy**.

The jazz choir often works independently without a teacher.

"I don't really teach them anything. I get them started and they basically teach themselves everything. I can help them with their notes and everything, but they are the ones doing all the work," said music teacher **James McNear**.

A second jazz group Vocalese, is a branch off of Audio 815. It's an all female group that consists of about 12 singers. They rehearse at the same time as Audio 815, just in a different area of the room. They don't have as many gigs or shows as Audio 815, but they still have the same pressure put on them.

Some said the only hard part about being in jazz choir, is learning a specific part and how to sing it correctly.

"It's a lot of fun, but it is also a lot of work learning all of the music. Waking up really early in the morning doesn't make it any better. It takes a lot of time to learn all of the different music and getting on the right note with everybody. You have to be in pitch with everybody else to make it sound really good," said senior **Charlie Reese**.



Above, some of the girls work together to learn their parts. Everybody worked in sections to learn their notes better and faster.



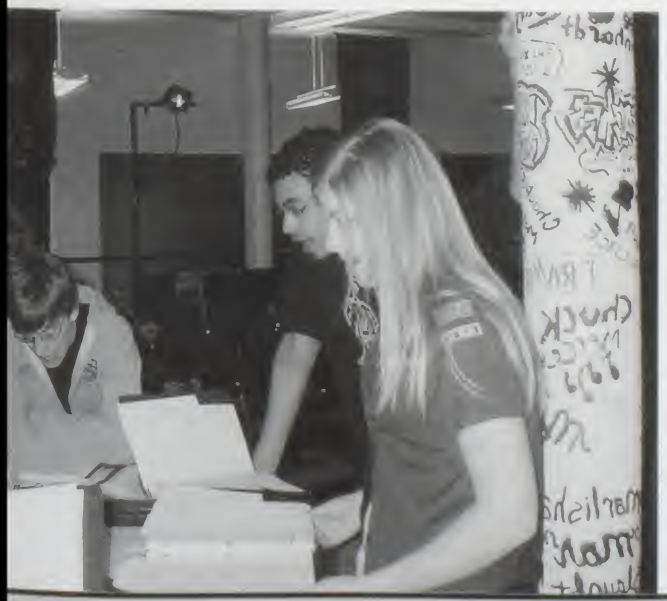


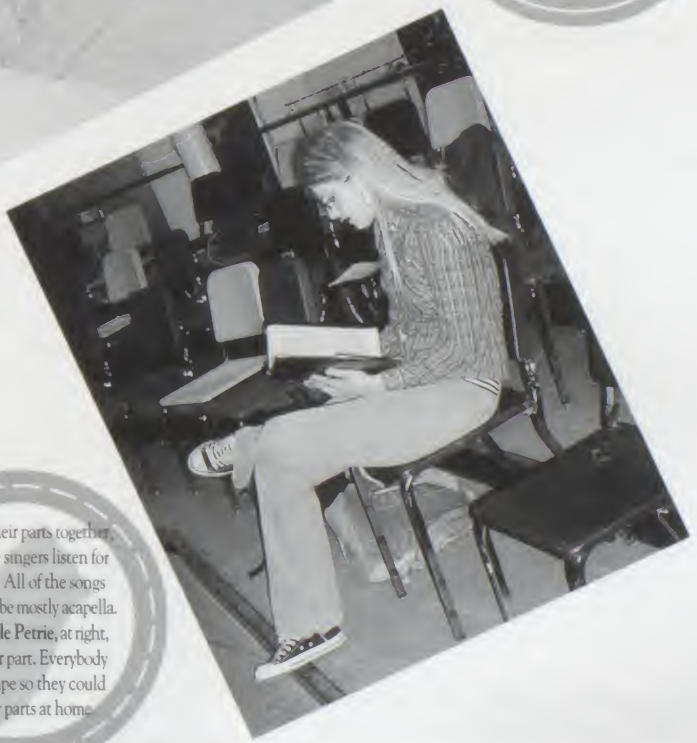
Story & layout by Alicia Bowman

ALL THAT JAZZ



enior Charlie Reese and junior Harold Dudley, at left, are two of only three males in Audio 815. There were about three times as many girls in the group.





inging their parts together, at left, these singers listen for their notes. All of the songs they sing will be mostly acapella. Junior **Arielle Petrie**, at right, practices her part. Everybody got a part tape so they could learn their parts at home.

Life in the FAST LANE



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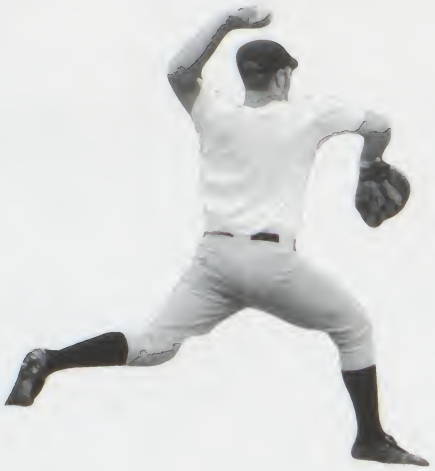
SPORTS





FASTER, STRONGER, BETTER

You train all season. You sweat, ache, and suffer. Why do so many of us push so hard to overcome so many obstacles?
It's to be **FASTER.** No pain, no gain they say. No guts, no glory.
But are we concerned about gain, about being **STRONGER,** about getting all the glory in the world?
No matter what we're told, we know we're strong already.
East is just as good as any other school out there, we can hold our head up in any competition.
But we're not the same people they are. We strive for the best, we evolve, we push. . . .to be **BETTER.**
Always. That's the Scarlet way.



Classic Moments of 2003

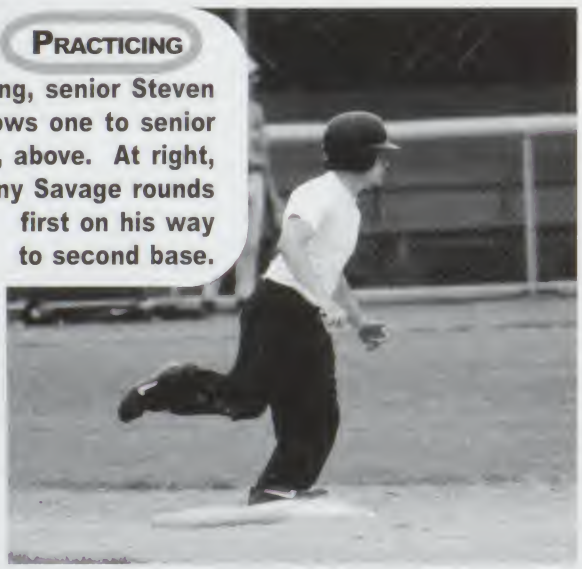
"I remember when I struck out at one of the games and I got so mad that I threw this huge Gatorade cooler into the dugout."
Alum **Mike Chumbley**



"At the Dowling game Dustin Fisher actually threw his glove at somebody because he was so mad."
Senior **Greg Tarr**



Practicing his pitching, senior Steven Williams throws one to senior Aaron Young, above. At right, junior Kenny Savage rounds first on his way to second base.



Coach Brian Luft occasionally takes the guys aside and gives them a few words of encouragement or some constructive criticism.





SCRAMBLING to get the ball before a batter makes it to first base, the team comes together to win the game.





Steppin' up to the Bat

by Carrie Chapman

he East High varsity Baseball team had a successful year because all the players worked hard and they all have a passion for baseball.

"I think that this season was really special," said Coach **Brian Luft**, "thanks to all of the guys having great sportsmanship and getting along together really well."

Sophomore **Nick Eaton** said that the team was really close because they spent a lot of time together off of the field. They would go out to eat, hang out at each other's houses, go swimming, and go to other schools' baseball games.

"I think we were a closer team because we were always hanging out outside of baseball," said Eaton. "I'll miss (alum) **Montez Rankins** goofing around all of the time."

The Scarlets beat every school team in the city. They also tied for 2nd in the state conference.

"Our tie for 2nd in the state conference was with Roosevelt," said senior **Tyler Boattenhamer**. "We had another big game against Roosevelt where we went to 10 innings because of junior **Derek Wennekamp** and Rankins' home runs."

The team had a lot of great victories, especially the games against Ankeny, Marshalltown, North, and Cedar Rapids. They played North on senior night and had a great win. East also won the game against Marshalltown, which was 1st in state in 2002. When they played Ankeny for the 2nd game in sub-state they went 11 innings where they hit 5 homeruns.

"When we played Ankeny at sub-state, I think we really played our best," said Wennekamp. "It was a shame that we only lost by 1 run."

Practices were at night from 6-8 p.m. When the practices started in May, the players decided that they liked practicing at night because it gives all of the players more time to practice.

"We practiced Monday through Friday and had off-season workouts," said Wennekamp. "On Thursday nights we really practiced the pitchers and the catchers."

Senior **Greg Tarr** said that the team has high hopes for coming years.

"Teams in the future are going to be really strong because we had a lot talented freshmen who be great leaders in a couple of years," said Tarr.

softball star



Softball coach Bob Ligouri was chosen to coach the 19th Annual Iowa Girls Softball All-Star Game.

"It's a nice honor, but I think it reflects more on the players than on the coaching."



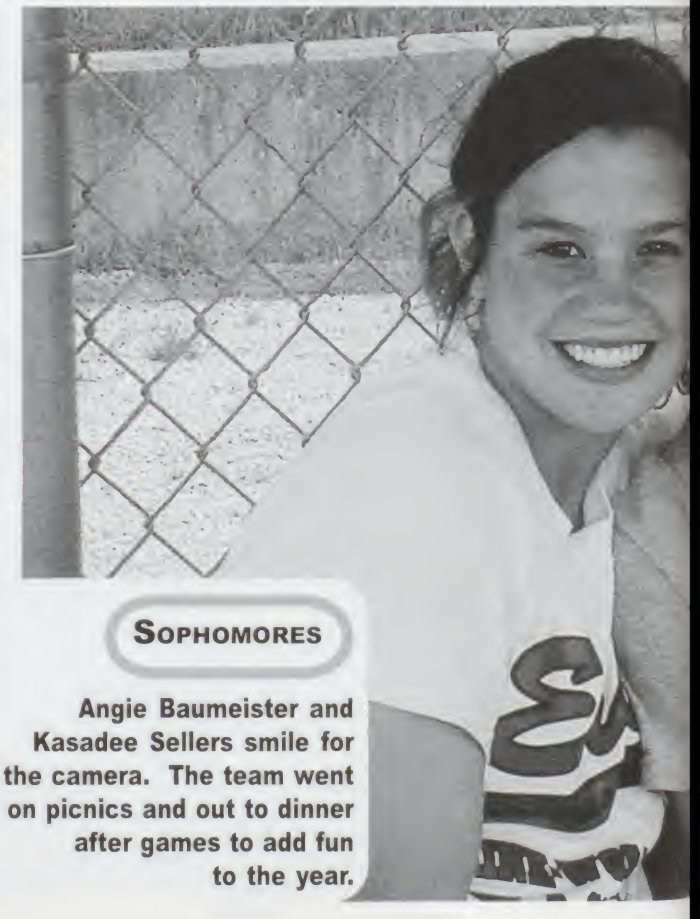
BATTER

up. Junior Jessica Beavers readies for the pitch. She had to juggle her schedule to include cheerleading practice at the same time.



THE

team spreads out as they hit the field for practice. The long hours paid off when the girls made it to district competition last summer.



SOPHOMORES

Angie Baumeister and Kasadee Sellers smile for the camera. The team went on picnics and out to dinner after games to add fun to the year.



WALKING to the mound, sophomore Amanda Zust psyches up to pitch. Zust was mostly a relief pitcher during the season.

WHIPPING the dirt up, sophomore Karen Sawhill pitches to sophomore Lindsay Owens. During practice the girls focused on pitching workouts with Coach Savage.





Slammin' the Home-runs

by Amber Tyler

ast year, varsity softball had one of its best seasons when the girls made it to the district finals.

Coach **Bob Ligouri** said, "We played our best at the end. We just kept improving and the younger girls got experience. It was really a team effort."

The team also had several outstanding individuals.

Senior **Kim Howell** was selected by the Iowa High School Softball Association to play second team for All-State.

"It was great to be chosen," said Howell. " The CIML votes on who makes the team based on how well you play."

The team had seven girls place in All Conference, five girls for All-State, and alum **Stephanie Cozad** tied the career home-run record at 11.

The girls hit the ground running with 25 teams scheduled. All of the girls placed in the top 20 at one point or another. Among them were Valley, the state tourney winner, and Burlington, a team in the top 10 every year.

The varsity softball team achieved many of the goals that they set.

"Our goal every year is to play for the state championship and state tournament. We missed it by one game, but it was a great year. We placed in the top 10," said Ligouri.

Howell said, "Everyone got to know each other better and we helped the younger ones get used to playing varsity. We had fun as a team."

"We wanted to get better and we did," said junior **Nicole Kouri**.

Even with the loss of seniors, the new team should be just as good.

"We brought in a lot of younger girls and who now have the experience," said Ligouri. "The seniors are going off to play softball in college. We'll miss them, but they'll be replaced with good players that will go on to be great."

WAITING for a game to start, freshmen Ben Hurley, Aaron DeGoey, and Ryan Remus pose for a picture. The freshmen were a competitive team this year, one of the best in their conference.



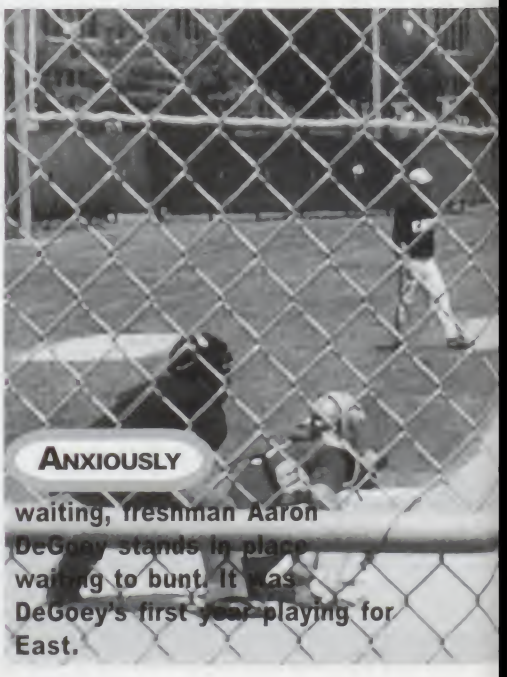


WELL DONE...

Junior Josh Dunham had great year. He was a sophomore who played sophomore and, toward the end of the season, was chosen to be pulled up to varsity.



"I had fun year. I was glad I got pulled up to varsity to help them out. It gave me some experience for next year so it will not as big a shock to me," said Dunham.



ANXIOUSLY waiting, freshman Aaron DeGoey stands in place waiting to bunt. It was DeGoey's first year playing for East.



Scrimmaging, the freshmen, junior Mason Ballard gets ready to hit the ball. Last season's winning record was the first in years.

Waiting with much anticipation, junior Alan Althaus studies the pitch. He was one of the top hitters on the team.





Fresh off the Bench

by Katelin Eaton

ost of us spend our summers lying around the pool and soaking up the sun, but the boys on the freshman and sophomore baseball teams spent their summer playing baseball five days a week.

"This summer I played a lot of baseball and I had so much fun!" said sophomore Robert Banner.

The two teams usually played two to three days a week and practiced the rest. On days that they played they would have doubleheaders. On the days in which they didn't have games they practiced.

Early on in the season they worked on conditioning by running, exercising, and getting into physical shape, so the season wouldn't be such a surprise to them. Each practice was started by playing catch then doing some sort of stretching along with a jog around the field. Then they would move into the basics of practice such as hitting, fielding and working on techniques.

"Baseball season took up a lot of time but it was fun and eventful," said freshman TJ Page.

Both teams played well in successful seasons and united as a team.

"The team worked well together and that made things easier and fun," said sophomore coach Marty Luft.

Most of the boys didn't only play for East, but also played for various other leagues. So after spending up to six hours at East and then having to go to other games or practices, it could really take its toll on a person.

"I was tired at times having to go play for East during the day then at night go to Grandview Little League practice," said sophomore Nick Eaton. "But trust me it was well worth it. I had fun!"

For now there are two teams but eventually when the boys are juniors and seniors they will be united as one team. The talent that was displayed this past year will blossom in the future.

What I liked about softball...



"...when it started pouring down rain before a practice. We all went bowling instead."

JV Coach Thana Heller

"I liked the ninth grade practices, the coaches made it so much fun."



Sophomore Samantha Waters







Anxiously waiting for the ball, junior Tonessa Young stands in position, at right. Tired and sweaty, above, players walk away from a hard game. The freshman team had a final record of 22 wins and 7 losses.





RACING

to get by, junior Jessica Beavers runs for second. Beavers was one of the most improved players, according to Coach Thana Heller.

Lovin' every game

by Tiffany Smith

JV Coach Thana Heller said the girls started out the season with two goals: for everyone to improve their game, and to win.

"We had a strong team this year," said junior Shelby Speck, "but we also played a lot of talented teams, too."

The freshman team had only seven losses and twenty-two wins, which was better than some of the previous years, according to Heller.

"They gained a lot of experience by playing against girls who were older, better, and more experienced," said Heller.

One obstacle that the JV team had to overcome was not having many players to fill the positions.

"Some people who played last year decided not to come back," said Speck. "I think some people might have gotten discouraged because they didn't get as much playing time as they would have liked."

Coaches Heller and Jamie Baas filled the empty spots by bringing up a group of freshman girls. Heller said that they were really rising to the challenge.

"I think the freshman girls are doing a good job of filling the empty spots," said junior Kayla Trumbo.

"I know the coaches wouldn't put them in that situation if they couldn't do the job," said Speck.

Both JV coaches, Heller and Baas, along with both freshman coaches, Amy Wilterdink and Trisha Bennet said they had a great time coac softball teams this year and that they h hopes for all of the teams they continu

"I just love softball. It is a part of me and alw why I coach," said Wilterdink.

his summer was no vacation for the softball team. Instead, it was a time for hard, sweaty practices to improve the girls' playing skills.

Practices were Monday through Friday for two hours each day and the girls were expected to be at every practice.

"My schedule was very hectic. Every thing I did revolved around softball," said sophomore Angie Baumeister.

9th/JV Softball

Sharing

their opinions about practice, the varsity team gathers around Coach Fenstermann. She feels the girls had an overall good season.

Jumping

up to block the ball, juniors Brook Fisher and Shelby Speck improve their skills during practice. Practices were held daily for two hours in the main gym.









Fans

Andy Kalwishky, Marty Mohler, Trevor Bird and Greg Tarr watch and cheer on the team during a game. The volleyball game events attracted a variety of people.

Concentrating

on her move, senior Ashley Letze passes the ball to a teammate. The team ended their overall game season at 22-55 and got a chance to interact with one another as friends.

Victory Has A Price

Team Shoes- $77

Knee Pads - $17

Sports Bra with Maximum Support- $25

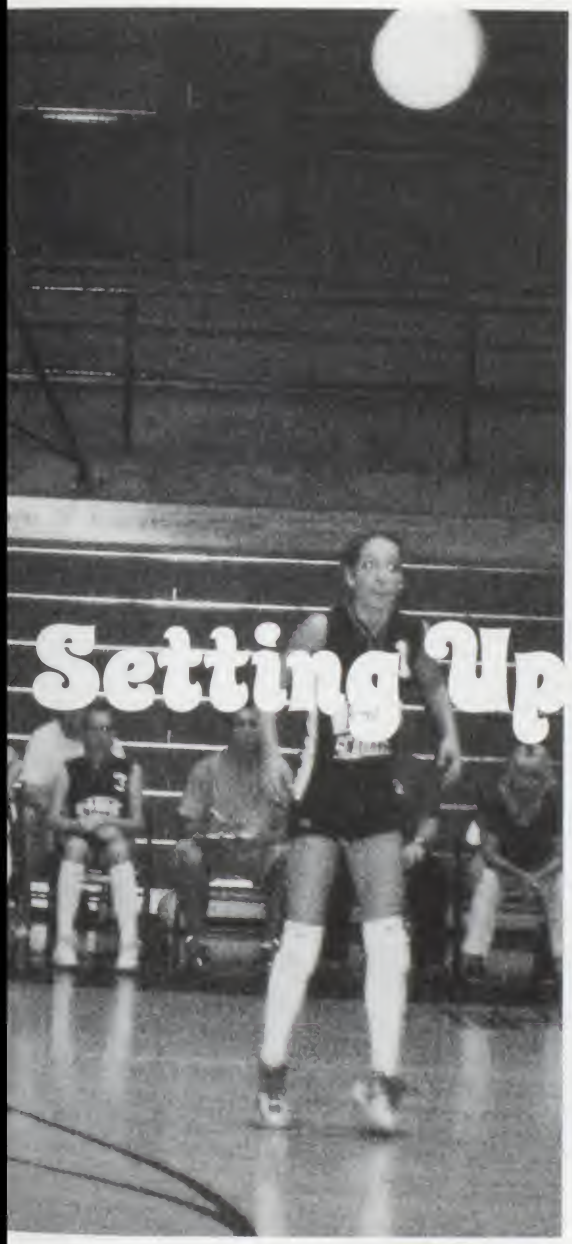
Team Shirts- $15

Spandex Shorts- $15

Athletic Fees- $10

Playing and having a good time with your friends, **priceless!**





Setting Up The Way

by Viviana de la Cruz

piking to the other end of the net, junior **Arielle Petrie** slams the ball to the ground between two of her opponents and makes a point for her team.

"Volleyball has always been fun for me because it's not too strenuous but it's really fun," said Petrie.

Varsity coach **Terrie Fenstermann** and JV coaches **Jenny Young** and **Jenae Halsted** find it important to give the girls all the practice time they need. The teams practiced daily during the week at separate times. Practices consisted of tours, where the girls run up and down stairs, to killers, which is when the girls run across the court back and forth at their full speed.

"At first the new players struggled a bit at practice but with time they all got the hang of it," said Young.

"Practices are fun but we work hard, too. The coaches have us do a lot of drills but it helps us in the long run," said sophomore **Ashley Logan**.

Both varsity and JV had their games on Tuesday nights and tournaments were held on Saturdays. Tournaments started early in the morning and sometimes lasted all day depending on how many matches were won by each team.

"I liked playing in tournaments because we got to see other schools play against each other while we waited for our next match to begin," said senior **Kristen Robinson**.

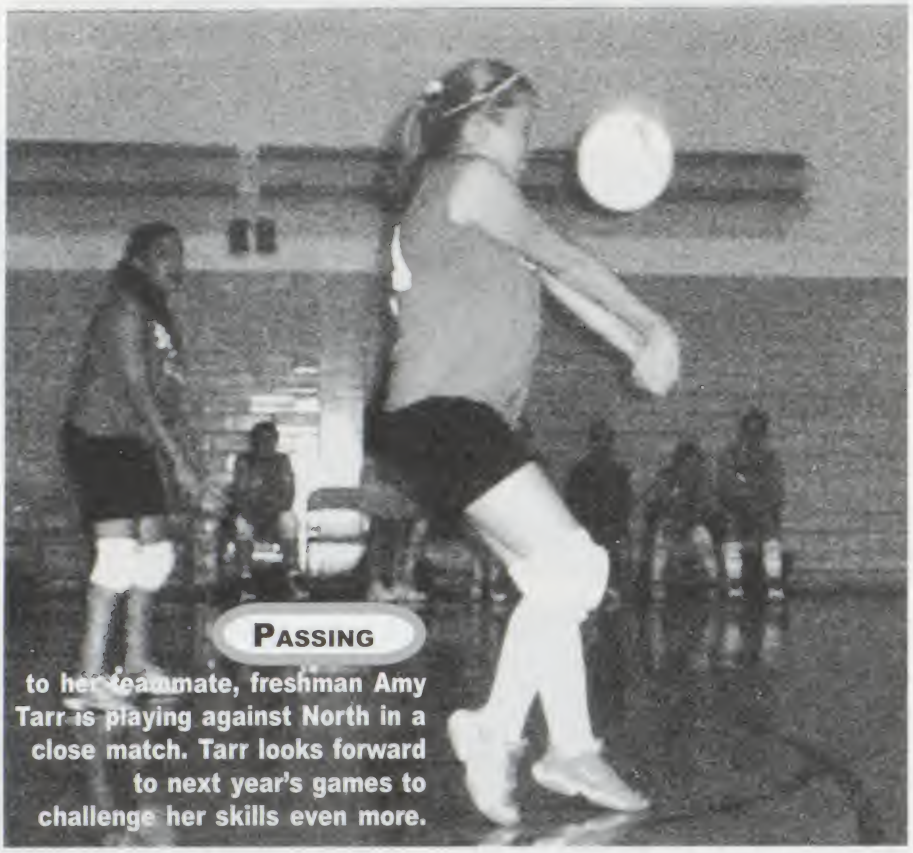
Different coaches have a variety of techniques to direct their players on the court and Fenstermann was no different. One of her coaching methods is to recruit lower classmen to begin building up her varsity team.

"Some coaches just have upper-classmen in their varsity team but what happens is that they are left with a whole new batch of girls they have to train after each year," said Fenstermann. "I like to get at the girls as early as their freshman year so that way I can begin training them for my varsity team."

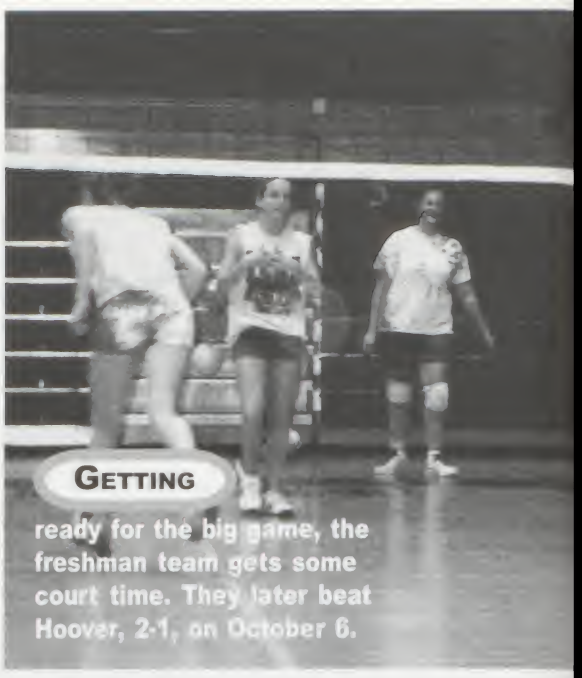
JV coaches Young and Halsted base their practices on teaching the girls new drills and having them do plenty of physical work.

"Keeping the girls in shape is important to both of them so the girls won't be worn out during games," said Young.

"Volleyball isn't just about serving and passing, it has a lot to do with your physical ability to stay strong the whole game, not just in the beginning," said Halsted.



PASSING to her teammate, freshman Amy Tarr is playing against North in a close match. Tarr looks forward to next year's games to challenge her skills even more.



GETTING ready for the big game, the freshman team gets some court time. They later beat Hoover, 2-1, on October 6.



SERVING the ball to her opponent is freshman Jennifer Cantwell. The team went on to beat Lincoln the second time around, 2-0.

JOGGING, the girls warm up for the last practice of the season. In the CIML Conference they received fourth place.



Freshman Volleyball



Reasons to Play



"Playing volleyball helps keep me in shape and it's also fun."

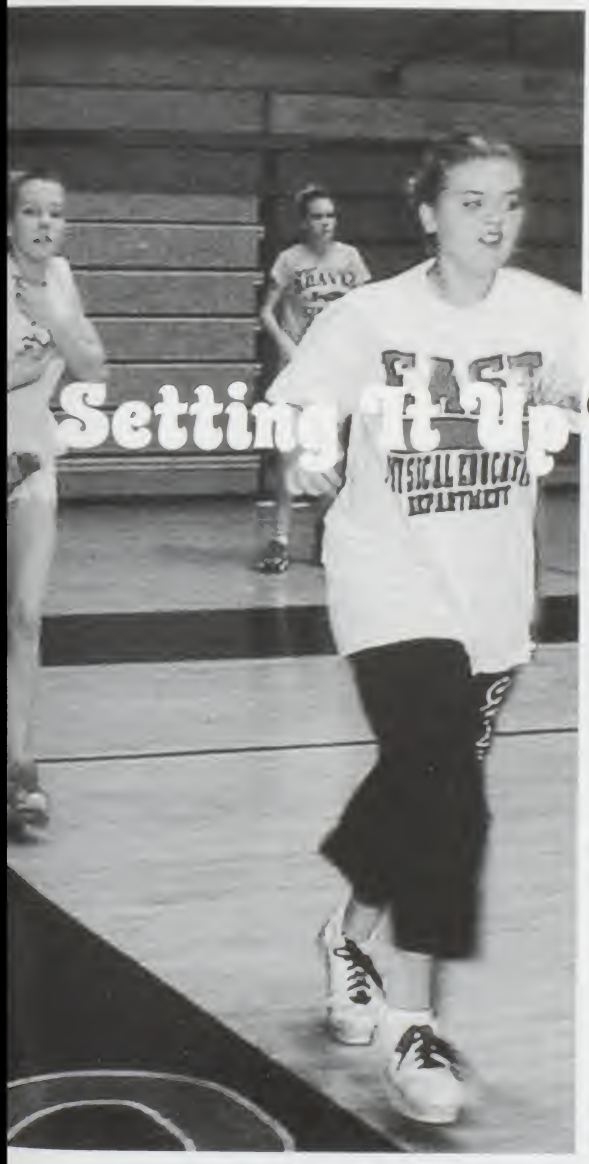
~Christina Tharp

"I think it's important to be involved in extra-curricular activities at school and I like playing volleyball."

~Amy Tarr

"I've been playing since 6th grade and I enjoy the game. Playing volleyball gives me the opportunity to meet new people."

~Jennifer Radley



Setting For The Win

by Amanda Khodai

even and a half hours per week for nine weeks showed the dedication of the freshman volleyball team as they practiced for their games and tournaments.

The team made a great leap forward in learning a new system of drills and moved through the season with confidence.

Coach **Mary Decker** said, "The difference between the first week of matches to the last was amazing to watch. The girls had to overcome a losing record, maintain confidence in themselves, and continue to work together."

The team's practices weren't anything new; the main focus was getting better as a team. Every day for an hour and a half, the girls improved on passing, setting, hitting, blocking, and other basics.

They also worked on running a 6-2 and a 5-1, which is when there are five or six or five hitters and one or two setters. Coach Decker believes that this is the most athletic team she has coached.

"The thing I liked most about practices was that we worked on our mental game and our physical game," said **Christina Tharp**.

Tournaments and games are where the hard work and practice paid off. The girls enjoyed games because it showed what they were capable of doing. It's their time to shine, to show how well they work together as a team. And most important, it's fun.

Haley Boattenhamer said, "One of all of the things I like most about the games is that it's fun. And winning is always fun."

Coming into high school without knowing a lot of people, the girls get that opportunity with sports. Not only do they enjoy playing volleyball, but they also enjoy the bonding experience.

"At some of the first practices, we had a lot of fun playing a special game called the 'Bonding Game' that would help us bond as a team," said **Jennifer Radley**.

Amy Tarr said, "We became a lot closer as a team and got to learn a lot about each other individually."



Running

out onto the field, the varsity team lets the crowd know that it's time to watch a great game of football.



Players to keep an eye on...



Linebacker
#54 Jon Stap

"I really enjoyed playing this year, it was an awesome experience. The team has really improved from the past years and I'm glad I got a chance to be a part of a program like this. I definitely will miss the game. ~#54

"The key to playing good football is to stay dedicated during the off season. Get into the weight room and practice agilities. Listen to Coach Fisher because he does know what hes talking about."

"I either want to attend Iowa or Drake for college. I'm going to train to become a pharmacist, but if the opportunity of playing football comes up, I wouldn't mind playing."

"I think that I had overall a pretty good senior year of football. It was really fun and I'm glad that I got the chance to play for East. I look forward to playing more football in the future." ~#28



Runningback
#28 London Hayes #28

"The only advice I can give to anyone in the future is to stay healthy and dedicated to the sport. If your heart isn't in the game, there is no sense in playing."

"I'm not exactly sure of what college I'm going to attend. I know for sure that I am going and I want to play football when I get there. At this point any college is okay by me as long as I'm playing football."



Coming

together for a quick huddle before the Hoover game, the varsity team gets themselves pumped up and ready to play football. The Scarlets went on to win with a score of 42-14.





Performing

a flysweep play, middle left, junior Jamie Fitzgerald passes the ball to junior Robbie Thompson. At left, senior Jon Stapes and junior Robbie Hill stop a play for a loss of yards against Council Bluffs Lincoln. This linebacker duo, along with the rest of the defensive players made these plays happen all year.



Gaining Momentum

by Tina Nickerson

t's Friday night; the west side of the stadium is packed with excited fans. The time is flying by, but for junior Jamie Fitzgerald, five minutes seems like forever.

"It doesn't really hit me before a game until about an hour before. That's when everyone on the team seems to get pumped up the most," said Fitzgerald.

For Fitzgerald and the other sixty players on the team, every Friday night was about the same.

The team worked hard every day at after-school practices from 4 –6 p.m., where they went over many different drills and plays.

"The practices were hard sometimes, but they really made a difference in everyone's playing," said junior Todd Claiborne. "I've always said, the crazier the game you play, the better practice you had."

"Our goal every day was to be a better team when we left the practice field. For the most part, each day was a success," said head coach Darrin Fisher. "If you practice with a purpose, each practice has a sense of urgency and importance."

The team defeated many others on their homecomings, including Mason City, which beat East in a play-off game the year before, and Council Bluffs Lincoln for their own homecoming game.

Even some records were broken. Senior London Hayes held the CIML single game rushing record, which was previously held by alum Scott Phaydavong.

"I think the team improved a lot this year. They worked so hard every day at their practices, they deserved every win they got," sophomore manager Ratasha Simpson.

"It was a let down when we lost to Ottumwa, but that won't stop us from playing in the play-off game," said junior Robbie Hill. "I know if we do our best and work our hardest that we can win any game we set our minds to."

Injuries left some of the starting players on the sidelines and the team had to put forth extra effort to achieve the victories they won from the season.

"Injuries really set us back a couple times this year. It's hard for everyone to go full out in practice to get better if people are hurting," said senior Ryan Neff.

Making it to play-offs was a goal set by many of the players. The Scarlets went through the season week by week and focused mainly on the game they played each Friday. With a record of 7-2, the team got a chance to play in the play-offs.

East is the only city school to make it to playoffs two consecutive years in a row, and the only city school to make it three times (1989, 2002, and 2003).

On November 4, the Scarlets went up against the Ankeny Hawks in the first playoff round. After a tough battle, East was beat with a score of 52-33.



Pictures taken by Archie Webb

#76

freshman Cory Rankins and #86 freshman Matt Guy buff up for a picture.



Score Six More

byAmber Tyler

ut hut hut hike."

As freshman quarterback **Brett Toncar** is snapped the ball, he's looking for number 84 freshman wide receiver **T.J. Page**.

Toncar is only one of the many 9 and 10 grade football players who looked for another victory last season.

"I think we got better as we played more," said Toncar. "We could've done better, but we did alright."

"Our best game this year was against Mason City. It was our first win and the whole team got a great deal of playing time," said freshman coach **Carl Drautz**.

Fan turn-out was a factor in the team's season.

"We didn't have big turn-outs, but we still had good fans," said sophomore coach **Ken Burgess**.

During practices, the guys (and one girl, freshman **Taylor Miller**) worked on specialized skills, stretches, position drills and special teams.

"Practices were fun and we ran a lot," said freshman offensive lineman **Ben Chappell**.

However, there were complications at practices.

Drautz said, "Practices were not as strong as I would have liked them to be because the team occasionally lost their focus. At the games that we lost it really showed our loss of focus from practice."

While the teams may have been defeated because of the loss of focus, other strategies were also a big factor.

Toncar said, "The other teams passed a lot. It's a lot better than running the ball."

"Roosevelt ran a lot of different plays," said Chappell. "But the other teams' plays were a lot like ours."

Plans for 9 and 10 grade football for next season are already being set.

"Our goal every year at the 10 grade is the same," said Burgess. "We try to prepare our players to become varsity football players."

"Our goal is to continue to help the freshman players get better so that they can continue to fill the holes for the varsity team as the seniors leave," said Drautz.



FRESHMAN

Coach Carl Drautz watches eagerly as his team runs a play. This year, the practice emphasis was on running.



SCRAMBLING

to secure a touchdown, freshman runningback Elijah Seymour flys by Lincoln's defense.



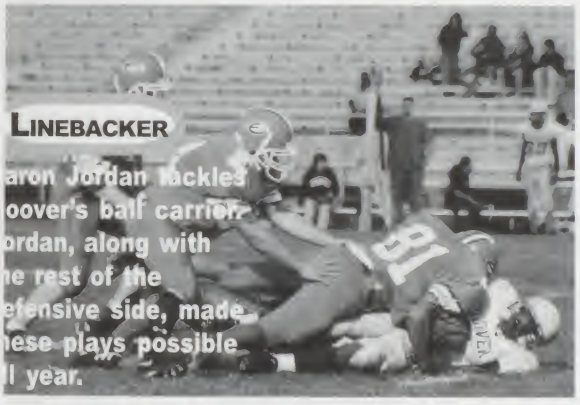
RALLYING

the team together, Coach Drautz gives the freshmen a pep talk. The team beat Mason City for their first win.



SCRIMMAGING

during practice, sophomores get ready for their game against Lincoln. Although the Scarlets worked hard, Lincoln beat East with a score of 22-7.



LINEBACKER

aron Jordan tackles oover's ball carrier. ordan, along with e rest of the efensive side, made ese plays possible l year.

Presenting: Taylor Miller

This year's team had a whole new situation to deal with. Freshman Taylor Miller broke the gender barrier and played outside linebacker and fullback with the Scarlets. She also is on the wrestling team.





How did you get interested in football?
"My brother played varsity and it looked interesting. I got started in 8th at Goodrell and it just took off from there."

Faves

Color Pink, red & black

Food Tacos

Animal Frogs

Car Nova

How do the guys treat you?
"They treat me the same way as everyone else. I'm treated like one of the guys."

Are you involved in any other activities?
"Yes, I do wrestling, baseball, soccer, and track. I'll be wrestling at weight 103."

How do your parents feel about you playing?
"They support me 100%. My dad used to play football and I just wanted to take after him."

STEPPING

up to the line, the varsity boys attentively wait for the gun to go off at the district meet.





BLASTING

off to a great start, the varsity girls begin their 2.5 mile race. This year, the girls had a record number of participants.

Setting The Pace

by Thuy Huynh

extbooks, teachers, students, curriculum, and cross country. What do these things have in common? They all suffered from the school district's budget cuts this past year. Due to the budget cuts, the boys and girls cross country teams were forced to combine into one team, coached by **Mel Green Jr.** For the girls, the change took a little getting used to.

"I think some of the girls were a little hesitant about the merge because we're used to our own coach and our own separate team," said senior **Courtney Chaplin**. "It was a little different because we have traditions that we're used to and we didn't get to do them this year."

According to Green, the season was just like any other.

"It wasn't that different to coach the girls, they're athletes just like the boys," said Green. "I vary the workouts to fit each person's running level so it's not targeted to one person."

Although the girls were hesitant, senior **Evan Fousek** viewed the merge as an interesting twist to the new season.

"It was fun because the guys are crazy and the girls are a little bit more laid back and when you mix the two, you get something that's a little explosive," said Fousek.

Even though the season was "fun and explosive," the combination of the teams had both benefits and drawbacks. For junior **Nolan Walker**, one of the biggest drawbacks was the "lack of focus."

"I'm not sure if it was a really big drawback, but when you put guys and girls together you're bound to get some sort of a 'distraction' and that's exactly what we got," said Walker. "After a while, the focus just goes out the door."

One thing all the runners could agree on was that Green did a good job handling the teams.

"It was a big change for both Coach Green and all of the runners, but he handled it well and made everything go as smoothly as possible," said sophomore **Jake Atkins**. "He had a lot of things on his hands with being a vice principal, but he did a good job coordinating everything."

Even though everyone had to cope with the significant changes, some things still stayed the same.

"Everyone always has really good sportsmanship," said freshman **Amy Flaherty**. "Everyone cheers for everyone else regardless of whether they're on your team or not and even if you're in last place, people will still gather around and cheer you on. That's one of the great things about cross country."







Speeding By The Competition

Who comes to mind when someone says: 3.1 miles in 15 minutes and 47 seconds? The answer is Jeremiah Yassin and, as only a junior, he has a whole 'nother year to surpass his own record. Here are some of his other great accomplishments...

- Average male's 3.1 mile: 17 minutes. Jeremiah's new 3.1 mile record set this year: 15 minutes, 47 seconds.
- Jeremiah's 3.1 mile record sophomore year: 15 minutes, 55 seconds.
- Jeremiah's first meet this year at South East Polk: 18 minutes, 6 seconds.
- Jeremiah's very first cross country meet ever: 20 minutes, 6 seconds.





GETTING

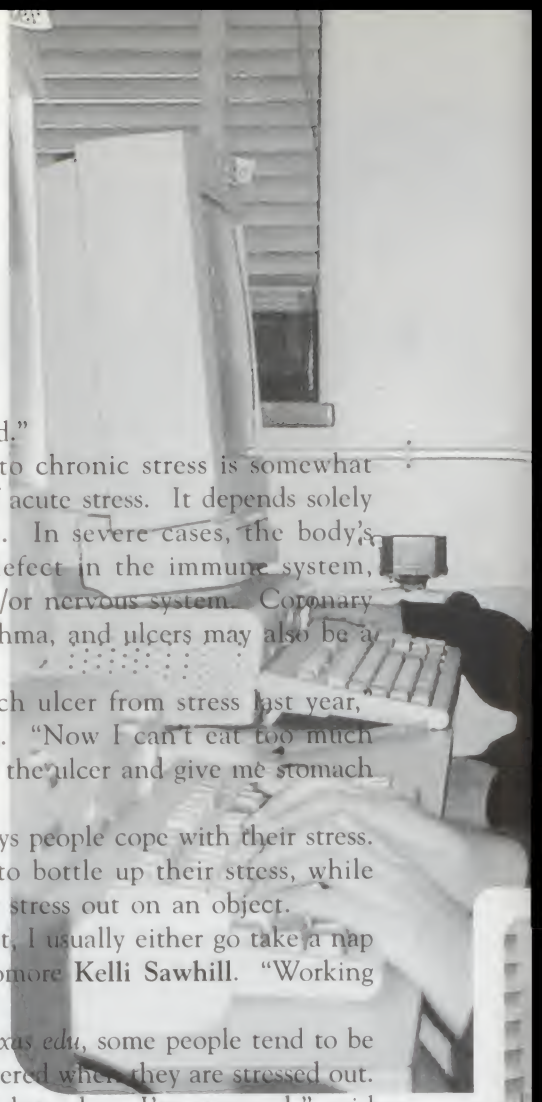
ready for a meet, junior Nolan Walker and freshman Ian Beck, above, strip down to just their uniforms.

SHARING

a moment of joy at left, junior Laura San Ellis gives junior Jeremiah Yassin a hug after he finishes his race. This year, Yassin finished 34th at the state cross country meet on November 1.

Livin' the Life of stress

Story & Design by: Barbie Morris



You hear it every single day: the moaning and groaning of students as they hear those five frightful words, "And now for your homework." One thing that you might not hear, but certainly feel, is your stress level going through the roof.

RELAX, you're not the only one that may feel stressed out every once in a while. Almost all of the people around you suffer from some type of stress.

So, what's stress anyway? There are basically two types of stress: acute and chronic stress.

According to *www.health.msn.com*, acute stress (immediate stress) is the type that usually comes and goes quickly. When your body sees a situation as being threatening, it releases chemicals that increase your breathing pattern and heart rate to give you a burst of energy. This type of response is commonly referred to as the "fight-or-flight" response. Things like almost getting into an accident or having an unpleasant encounter with someone might give you this sort of stress.

"When your body responds in this way, it gives you a natural high," said sociology and psychology teacher **Fred Vanderley**. "If this happens too often it can weaken the person's immune system or may cause them to be excessively tired."

The body's response to chronic stress is somewhat different to the response of acute stress. It depends solely on how the person reacts. In severe cases, the body's response may include a defect in the immune system, cardiovascular system, and/or nervous system. Coronary heart disease, diabetes, asthma, and ulcers may also be a result of chronic stress.

"I developed a stomach ulcer from stress last year," said junior **Tiffany Smith**. "Now I can't eat too much greasy food, or it will upset the ulcer and give me stomach cramps."

There are different ways people cope with their stress. Some people may choose to bottle up their stress, while others choose to take their stress out on an object.

"When I'm stressed out, I usually either go take a nap or go work out," said sophomore **Kelli Sawhill**. "Working out seems to help a lot."

According to *www.utexas.edu*, some people tend to be overly cranky or short-tempered when they are stressed out.

"I sometimes snap a lot when I'm stressed," said sophomore **Kyle Thompson**.

So, next time you fell like you're stressed out, remember to take some advice and don't get too worked up.

TIPS ON:

Managing Your Stress

Don't use drugs or alcohol to manage your stress! They will only hide your stress. When you stop using them, your stress will come back.

Use your time wisely! 'To Do' lists and daily planners are always helpful.

Get pleanty of sleep! The average person needs between 6-9 hours of sleep.

Ask for help!

Plan! Know what assignments are due and when you plan to complete them.

Let something else feel your stress instead of you! Make a stress ball or get a punching bag.

Take short breaks! Going for a walk, calling a friend, or even getting up to stretch will help to minimize your stress.

Exercise, Exercise, Exercise!

Find a quiet place! Go to a place where you know you can be alone and free from interruptions.

Learn to say 'NO'! ...And don't feel guilty.



Struggling to get their assignments done on time, sophomores **Ashley Hughes** and **Nataleen Sakakhanone** stress over finishing their design projects in Journalism I.

Think you might suffer from stress?

Take the... Stress Test

1. Do you worry about the future?
2. Do you sometimes have trouble falling asleep?
3. Do you often reach for a cigarette, a drink, or a tranquilizer in order to reduce tension?
4. Do you become irritated over basically insignificant matters?
5. Do you have less energy than you seem to need or would like to have?
6. Do you have too many things to do and not enough time to do them?
7. Do you have headaches or stomach problems?
8. Do you feel pressure to accomplish or to get things done?
9. Are you very concerned about being either well-liked or successful?
10. Do you perform well enough in life to satisfy yourself?
11. Do you get satisfaction from the small joys or simple pleasures of life?
12. Are you able to really relax and have fun?

Scoring:

1 point for every "yes" answer for questions 1-9.
1 point for every "no" answer for questions 10-12.

Scoring 4 or more suggests that you may be under significant stress! ...www.utexas.edu





Coping with a lack of sleep caused by wrestling practice, senior **Tony Miller** catches up on some 'zzz' during calculus (at right). "I thought it would never end," said senior **Heidi Kaldenberg**, as she helps her classmates count out 500 "EASTSIDE" keychains for her econ class (above).

Utility Man

"We could put Patrick in any event
and he'd get us points."
Head Coach **Erin Lowe**



Name: Patrick Suggett-Team Captain
Age: 17
Birthday: May 7
Grade: Junior
Favorite Event: 500 Freestyle
Best thing about the season: Joining Lincoln & Norwalk teams





WHO

ever said speedos were out of style? East/Lincoln(E/L) swimmer Josh Eaton struts out in his hot pink speedo.

A WILD

crowd roars at the State Championship that took place at the University of Iowa on Feb. 21.





RACING

the 200 yard individual medley, E/L swimmer Patrick Suggett powers his backstroke down the lane.



COACHES

Erin Lowe and Dustin Cassler discuss meet plans for the district championship at Roosevelt on Feb. 14.



RESTING

up for the state championship, Patrick Suggett sleeps during the two hour drive to Iowa City.



Livin' 4 Swimmin'

by Chris Piatt

magine hitting the water fresh off the block, kicking as hard as you possibly can, coming up for air in perfect form and taking off. Then swimming down 25 yards and nailing that perfect flip turn, coming off the wall and finishing the last 25 yards of the race. That was the 50-yard freestyle event for high school swimmers.

"The 50 free is my best and favorite event," said E/L (East/Lincoln) swimmer **Josh Eaton.** "When I first started the season I could do the 50 yard freestyle in about 35 seconds, but now I can do it in 24 seconds!"

This year East combined into one team with Lincoln and Norwalk and grew by six members. Eaton, a new swimmer, was one of the most improved swimmers this year. Also, EHS junior **James Smith**, EHS freshman **Chase Kemp**, and EHS senior **Keenyn Orr** were all new members to the team.

"We lost three great swimmers this year to graduation, including Ross Hesseltine, our only state qualifier last year, but we also gained some real talented swimmers, too," said East/Lincoln swimming Coach **Erin Lowe.**

Last year, East ended the season with a disappointing 3-8 record only beating Lincoln, Hoover and Roosevelt. This year, however, the team came out of the regular season with a 5-6 record, beating Newton, Grinnel, SE Polk twice, and Indianola.

"Last year was a kind of disapointing year, but this year it all came together," said E/L swim team captain **Patrick Suggett.**

The team came out of the season average, but is the most highly regarded team for post-season. E/L lead the power points in Des Moines just under Hoover/North.

Team practices took place twice a day, one in the morning, one after school and on every Saturday over winter break, more than any other team.

"We had way too much practice, but coach always made us go to them or otherwise we swam junior varsity or not at all," said East/Lincoln swimmer **Dana Piatt.** "But it really helps at the end of the season when we taper off and get our strength and energy back for the post-season."

Five swimmers qualified for state this year in six events, two of them relays, setting new East and Lincoln records. Dana Piatt, the only East student that qualified for state, was part of the 200 free relay that qualified for state this year. The relay entered the meet seeded twentieth in the entire state. EHS swimmers Eaton and Suggett will attend state as back-up swimmers and EHS junior Luke Bolander will attend as the tea m manager.

"This year was our big year to break records and make something of the new team," said E/L swimmer **Tad Hoover.** "Some of us didn't get to state, not even districts, but we did everything we could to help encourage the guys who did."

Dana Piatt and the other members of the 200 yard freestyle relay had a remarkable finish at state coming out ranked 21st out of 24.





CONCENTRATING

on their warm ups, freshmen Alicia Dale and Kasey Barker, at right, swim with their boards. At far right, some swimmers take a few seconds to relax before practice starts. Practices consisted of either swimming or work in the weight room.



Movin on Up

by Casey Dawson

For many people, swimming back and forth in a pool for two hours would be slightly mind-numbing. But when a person, or a team, does it for a distinct purpose, it makes all the difference. With their dedication and spirit, the girls swimming team filled each practice with intense, fast-paced swimming.

"Our practices were difficult because of all the yards we had to put in," said sophomore **Ashley Hughes**, "but everyone worked hard, so it paid off in meets."

The team could be found practicing whenever they didn't have a meet. At the beginning of the season, the girls' practices consisted of swimming freestyle and conditioning. Eventually each girl ended up focusing on perfecting her technique for her event.

"Near the end of the season," said senior **Alia Winterbottom**, "we began a cool down to help us get our energy back and speed up our times."

This strategy proved to be successful when the girls began improving in the meets. Compared to last year, more meets were won and in those that were lost, East finished closer to the winner.

"We had many girls lower their times," said Coach **Stan Thompson**. "There were several girls that were also close to qualifying for the state meet."

But one team member, junior **Allison Griffiths**, decided to go a step further. At the district meet, she broke her 500 yd. freestyle record by six seconds, which qualified her for state, where she broke her record again by 2.4 seconds and finished 18th. Griffiths was the first girls state qualifier for East since 1995.

"Going to state for the first time was the highlight of my year," said Griffiths. "It was a great learning experience for me."

The team was also given the Academic Achievement Award from the Iowa Girls High School Athletic Union. To be eligible for the award, the team must have an average grade point average of 3.25, but this year's team averaged almost a 3.4. Fourteen girls were named academic all conference.

"It was pretty easy to balance school and swimming because we still had enough time after practice to do homework," said freshman **Alicia Dale**.

But these accomplishments were preceded by setbacks the swimmers had to overcome.

"Even though the number of injuries was about the same as last year," said team manager, junior **Shannon Stewart**, "they were still hard for the team and individual swimmers to deal with."

The team also had to bounce back from a few rough losses, including one from Roosevelt in midseason. Instead of giving up, the girls and coaches decided what they needed to do to move forward and took action.

"To improve after tough meets, we increased yardage, worked on specialized strokes, and practiced starts, turns, and relay exchanges," said assistant coach **Eric Galvin**.

Even though most practices required hard work and seriousness, the girls still managed to have fun.

"It's always nice getting to make new friends and meet the freshmen," said Griffiths.

The team ended the season with, in addition to their swimming accomplishments, a special bond.

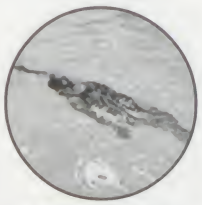
"All the swimmers opened up to each other," said Stewart. "Swimming brought out a different side of them, which made for a very special season."





Swimming Strokes

Here are some key strokes used in swimming...



Backstroke



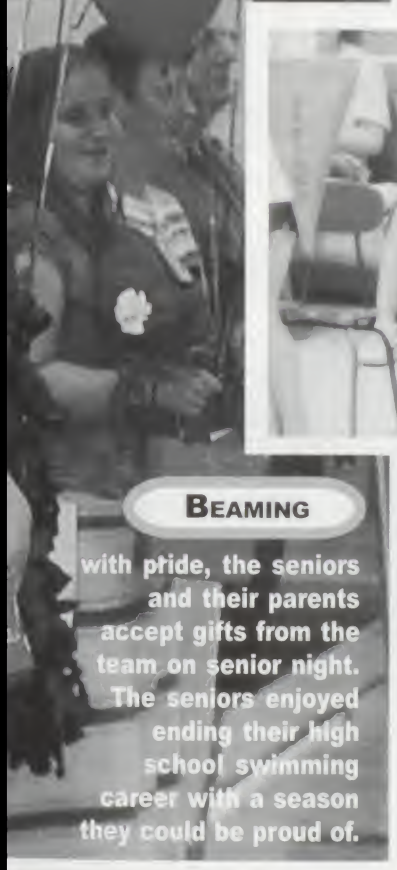
Front Crawl



Breaststroke







Beaming with pride, the seniors and their parents accept gifts from the team on senior night. The seniors enjoyed ending their high school swimming career with a season they could be proud of.



Preparing for her race at the state meet, at left, junior Allison Griffiths stretches out. Below is the state swimming board that was put up to boost school spirit. This was the first year East had a girls state qualifier in swimming since 1995.





Playing around in the pool, the girls take a break before their laps. Typical practices lasted about two hours.

Girls Swimming



"A great man once told me, "Golf is a great game when you're on, and a humiliating game when you're not."
Senior Michael McCourt



"I think that if everyone comes back and we have the same people we had this year we could have a real chance of improving next year."
Sophomore Pat Cooper



"We had a tough schedule, but with practice during the off season we could be a better team."
Sophomore Greg Zubulake



"Even though we didn't have the greatest season, we tried hard and went out there and hit some balls."
Senior Trevor Bird



Swinging for Victory

by Jesse Antelman

alking towards the last hole of the golf season, senior **Michael McCourt** looked back on his last season of high school golf.

"This was the best year that I've had," said McCourt, "and I definitely wish that I was coming back next year."

Like McCourt, there are four other seniors graduating this year. Two of them are varsity players.

"I think we are losing some amazing individuals," said coach **Deb Waltz**. "They did a great job this year and they really improved."

The boys' golf team consisted of six varsity golfers and six JV golfers. Varsity and JV practiced every day after school until six o'clock.

"I think that our practices were a good way to get prepared for the meets," said sophomore **Michael Hickman**. "We had a lot of good times getting to hang out and do something we all enjoy."

There is another part of the team called the reserves. These players didn't make varsity or JV. Their average practice consisted of going to Sleepy Hollow Sports Park and hitting a bucket of balls at the driving range. Practicing hitting balls at the driving range helps players to improve their performance during games.

"I felt like this year I improved a lot," said senior **Trevor Jones**. "It was a great year and I had a blast."

This season the varsity and JV received new golf bags.

"The golf bags we used were comfortable," said McCourt. "Using them was a way to show our enthusiasm for East High."

Equipment needed to play for the boys' golf team was a set of clubs, a pair of golf shoes, a golf shirt, a pair of pants, some tees, and, of course, golf balls. Golf club sets can run up to $2,000.

"Buying some of the necessities can get a little expensive," said Hickman, "but in the long run it is definitely worth it."

Golf is widely spreading as a popular sport and fans are coming from all around the world to watch. Even though high school golf probably isn't going to help anyone become pro, it establishes a game to be enjoyed for many years.

"I will not cut a person from this golf team because I believe that golf is a lifelong sport," said Coach **Sy Forrester**.



"The highlight of my season was when I hit a 300 yard drive on hole two at Grandview."
Senior Joe Smith

Goofy Golfing



"I remember that one of the first times I had to tee off in front of people, I kept on missing the ball. I missed five times!"

- Senior Andrea Grossman







"Once when we were playing at Grandview, I hit the ball and it was a pretty good shot. But then it hit a tree and flew even farther back behind me!"

- Junior Rahni Janssen









PREPARING

to tee off at Grandview, far above, senior Andrea Grossman concentrates on setting up the ball. Above, junior Heather Alexander and alum Chelsea Pickett practice at Sleepy Hollow.They used the driving range there to work on their swings.







For the Love of the Game

by Casey Dawson

ootball player Dan Marino once said about golf, "Swing hard in case you hit it." While this may have been the philosophy for a few of the girls at their first golf practice, the team underwent a season of hard work and had the improvement and confidence to show for it.

"I think that each girl had fun and improved this season," said coach Lowell Long. "It's obvious when I compare this year's scores with last year's."

The team not only practiced at Grandview, but also used the driving range at Sleepy Hollow, watched tapes of professional golfers, and even got the chance to work with one when they took lessons with Chris Winkle.

"Winkle definitely helped," said Long. "He showed our girls a few essential skills for developing their swings."

Before the girls could begin to make improvements in practices and lessons, they had to disregard their personal dislikes for the game.

"What bugs me is that sometimes it gets too serious, which makes me bored and then I don't play as well," said senior Andrea Grossman.

The team agreed that the extra work outside of meets and practices paid off.

"By the end of the season, I could tell that I was hitting the ball farther than I used to," said senior Katie Ring.

While the golfers liked improving their games, most did not cite this as the only highlight of their season.

"The best part for me," said Grossman, "was just hanging out and playing the game with friends."

And for some girls, being able to play was enjoyment enough.

"I just love golf," said Ring. "I love the sport and I love the competition."

The season was not all laughs and smiles for the team. The girls had to learn to control their feelings after a bad shot or game.

"Sometimes I would get so frustrated, and that's usually when my playing suffered," said sophomore Erin Johnson.

Some golfers developed their own methods to turn their frustration into something positive.

"I really don't like losing," said Grossman, "so I would take out all of my anger when I hit the ball."

The team faces changes for next year. The school board made the decision to combine the golf teams from East, Lincoln, and North, and many of the girls are concerned about how the larger team will work out.

"I think some people will be concerned about whether or not they will get to play next year," said Grossman. "Fewer girls will probably go out for golf."

All frustrations, pressures, and worries aside, the team agreed that their secret to improvement was enjoying themselves.

"It's when we're having fun that we play our best," said Ring.



CONCENTRATING, Rahni Janssen stops to watch a teammate while practing at Sleepy Hollow. The girls usually practiced on Grandview's first nine holes.



IN CHARGE OF the golf banquet, above, Coach Lowell Long presents senior Heidi Kaldenberg with her letter. At left, seniors Amber Santamaria, Heidi Kaldenberg and Brooke Brumley relax and enjoy the banquet. The team agreed it was a nice end to the season.

Girls Golf



SEARCHING for an open man, junior Josh Ziegler tries to inbound the ball. Ziegler was one of five juniors on the team. At left, jumping to get the rebound, players battle for the ball.





Swishing It Up!

by Jamila Yakubu

...2...1... and the buzzer sounds. The crowd goes wild as the shot of sophomore point guard **DeMarco Turner** drops into the hoop. Turner, just one of many underclassmen playing on the varsity team this year, was one reason for the team's success.

"We have a very young team this season. I have been playing a large number of sophomores and juniors," said head coach **Andy Howard**.

After losing seven seniors the previous season, the team had only two senior players, **Troy Deaton** and **Sean Henry**. Deaton and Henry were also the team captains.

"The sophomores and juniors really stepped up their games and they did a lot of work," said Henry.

The lack of seniors on the team meant that for many underclassmen, getting starting positions on the varsity team was possible. For most of the younger players, that means they will have more experience by their senior years.

"As a starter on the varsity team during my freshman year, it was tough because I was so little, but the past two years have been better because I have become better defensively and offensively," said junior **Jamie Fitzgerald**.

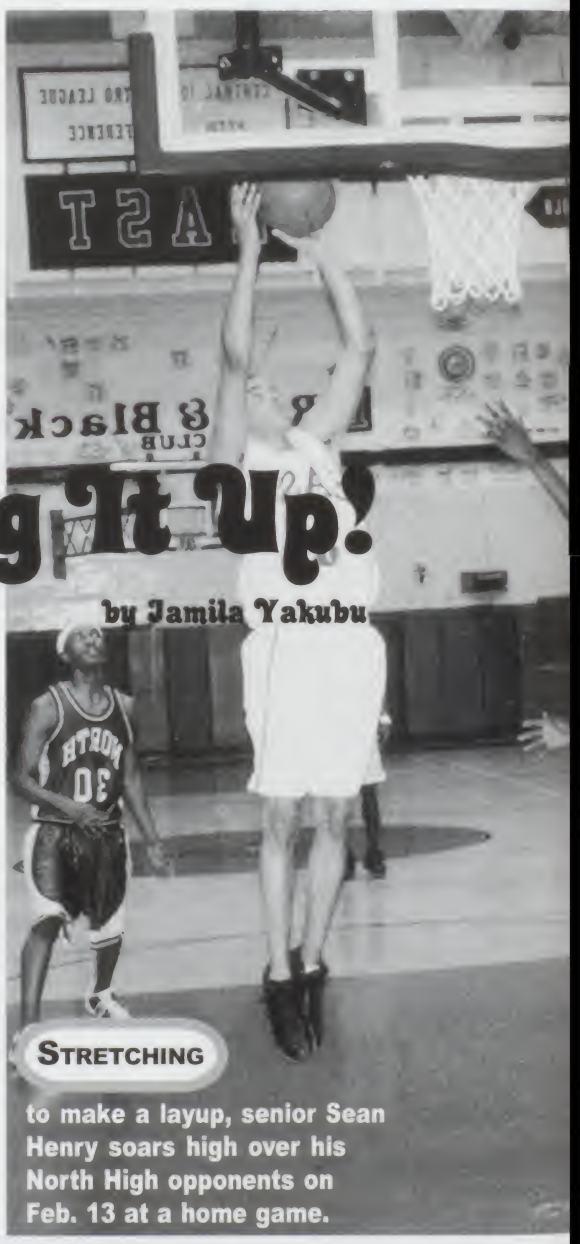
Injuries were another thing that the team had to contend with. Early in the season, junior **Todd Claiborne** suffered a hairline fracture in his fibula after landing on another teammate's foot. As a result, he ended up missing most of the games.

"Injuries are something you can't control. They are just bad luck and you just have to deal with them," said Claiborne.

The team doubled its win record for the past two seasons. Despite having to manage hard schedules and tough games, the players have "continually shown improvement," according to Fitzgerald.

"The effort was really good and everyone worked hard at practice and during the games," said Henry.

"The seniors really pushed us and showed us how hard we could practice and play and how much better we could be," said Turner.



STRETCHING to make a layup, senior Sean Henry soars high over his North High opponents on Feb. 13 at a home game.



AMIDST a group of defenders, senior captain Troy Deaton takes a shot. The team improved their season by doubling their record.



And the Funniest Moment Award goes to...Toby and Sean!

"Me and Toby were setting up a screen. Toby ran across the screen and just fell. We had run the play a million times, but this time he just fell. It was the funniest thing in my life."

-Senior **Sean Henry**





WORKING hard at practice, players strive to improve their game. Practices were held every night after school from 3-6. At right, the team takes a time out during the North game to discuss play strategies. East won that game, 76-51.



What do YOU think teamwork is?



Teamwork is when the team works well together and it's not all about one person.

-Freshman Becca Hurley







I think that teamwork is when we all have good attitudes and work together.

-Sophomore Amanda Zust

HOLDING

the ball, junior Monica Hernandez sets up the play for the Scarlets.



RIPPING

the ball through, sophomore Brittany Fisher keeps it away from Urbandale, below.





Varsity Girls Basketball



A SPIRITED team takes a quick rest during a time-out while waiting for the coaches.

SCARLETS box out Urbandale as they wait for the rebound.





Play With Pride

by Samantha Waters

carlet varsity girls' basketball had a season of ups and downs this year. Good wins, and close games were an excitement.

"I think our team did good this year," said sophomore Carrie Hatfield. "We improved a lot, but there is still a lot of work to do."

Coaches Bob and Sharon Hanson returned to East hoping to win another state championship. During the summer, the coaches held a camp for anyone who was interested in playing basketball. Many girls showed up for the camp.

"The girls worked hard during the camp, and made a lot of improvement," said Bob Hanson.

"The practices were really hard. We had to work a lot harder than we did last year," said junior Nicole Kouri.

An exciting game for the team was the East vs. North game at North. Junior Brooke Fisher made the winning basket in the remaining few seconds of the game.

"When I made the shot I was excited and scared at the same time," said Fisher.

Before every game, the team had a pre-game talk. During the talks, they read inspiring words to the team, and finished with a prayer.

"Every game, one of the players read something from a book and say a prayer. We each got a turn if we wanted one," said sophomore Kate Bauman.

Although there has been many injuries throughout the season, the Scarlets made it through with an exciting finish. Every week during practice, someone would sprain an ankle or injure a body part.

"I had a stress fracture in my left leg," said Kouri, "and I sprained my right ankle towards the end of the season."

The Hanson's weren't the only ones new to East this year. Junior Monica Hernandez came to East towards the end of her sophomore year.

"I like it here at East. It's a lot better than Waukee," said Hernandez. "It's a lot more fun."

The team was young with no returning seniors, so all players will be coming back next year. This is a good thing since they will have more experience together, according to sophomore Angie Baumeister.

"With the team being so young, it doesn't mean they aren't as good as older teams," said Sharon Hanson.

SHOOTING a freethrow, freshman Becca Hurley adds another point to the Scarlets' score at Southeast Polk.

Blocking

an Ankeny player, below, freshman Aaron Jordan keeps the Scarlets ahead.





Calling

a timeout, freshmen coach Chad Street talks to his team to show them a new play.

Stealing

the ball from a North player, below, freshman Jake Zimmerman puts the ball in the hoop for two points.

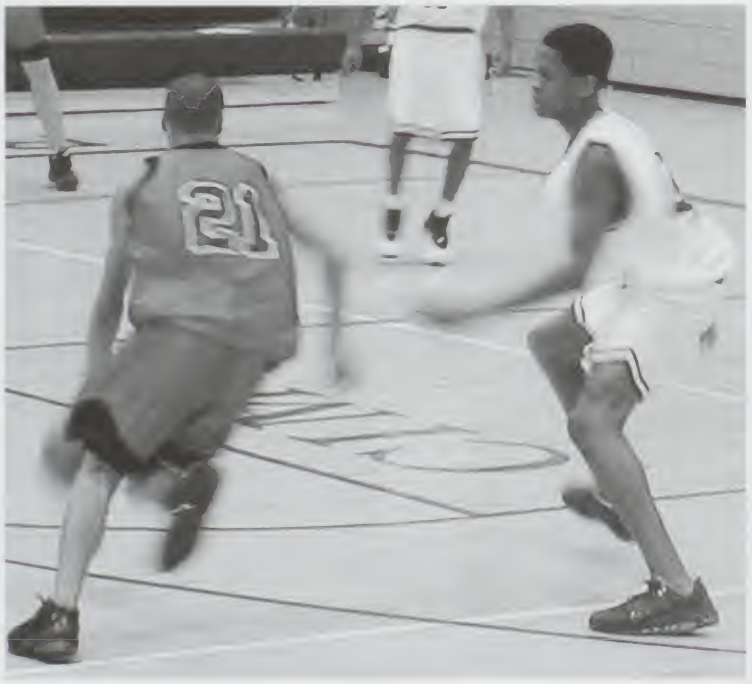


Blowing

past a Roosevelt defender, sophomore DeMarco Turner gives the Scarlets another two points.

Attempting

his first free throw out of two, sophomore Brendon Kerber, at far right, puts the Scarlets up by five.









If you made the NBA, what would be the first thing you would do?



"If I made the NBA the first thing I would do is go out partying all night with my teammates."

Sophomore Ricco Morrow

"The first thing I would do is walk onto my home court and lay naked in the middle of it."



Sophomore Pete Michelsen



"I would buy myself a huge house and a really expensive car so I could show it off."

Freshman Brandon Brown

Hoops n' Alley-oops

by Greg Zubulake

efore basketball practice or a game, the sophomore boys basketball team would slap a sign that read, "look, act, and play like a champion today." That is exactly what sophomore Tyler Luft and the rest of the sophomore team felt was done this season.

Finishing the season 20-1 and going 10-0 in the Metro Conference was just one of the accomplishments that the sophomore boys had this year.

"Winning the conference was just one of our goals this season," said sophomore boys coach Brian Luft. "I told the team before the season started that in order for us to win, we need to play together and have fun."

The sophomore team made some big improvements this season. Beating teams such as Valley and Ankeny was major.

"Beating the teams that we lost to when we were freshmen showed that we made our expectation level higher and it also showed how far we have come," said sophomore Brendon Kerber.

Another highlight of the season was when the team beat their conference rival, the Hoover Huskies, in double overtime 69-66 to win the sophomore Metro Conference.

"It was an exciting game, we played very well and fought hard and we just wanted it more than they did," said Tyler.

The freshman team had a handful of memorable moments which included some low points that they learned from.

"We had a pretty good year, we won more games than we lost, and we beat some pretty good teams," said freshman boys coach Chad Street.

The team made goals for themselves before the season started. Some were to win the conference and city championship.

"We achieved some things, but the main thing is that we worked together as a team and had fun," said freshman Ryan Brouwer.

A highlight of the season was beating the Roosevelt Roughriders. After losing by 41 points in the first game, the freshmen came back the second time around and downed Roosevelt 61-57.

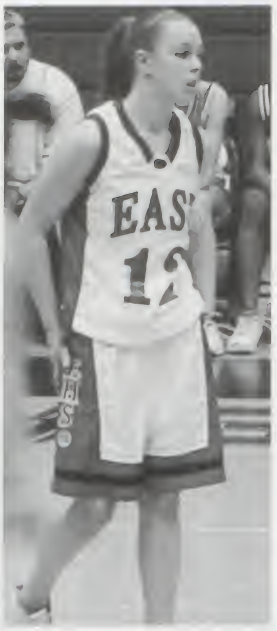
"I was really happy when we won. We fought hard, worked together, and came out on top," said freshman Jacob Zimmerman.

Although not all of the games were won, the freshman team was proud of what they accomplished and look forward to an even better season next year.

"We will take the things that we learned this year, work in the off season, and hopefully be a stronger and better team next season," said Zimmerman.



In search of a free teammate, sophomore Angie Baumeister attempts to pass the ball. Resting at right is sophomore Samantha Waters.







Tearing up the court with the ball, freshman Tequila Bragg goes in for the easy lay up.

Waiting for the game to start, a referee watches the girls warm up. The girls played a long hard game against Waukee, but came up on the short end, 33-43.





Showing their sportsmanship after a great game agianst South East Polk, the girls came together to celebrate a 50-34 win.

9th Girls Basketball



Taking

a time out, at left, Coach Bob Bagley gives the team a breather while going over a new game plan.



Looking

onto the court, coaches Thana Heller and Jamie Baas watch with anticipation as the squad plays. The game was close with a win for East.



Queens of the Court

by Nikki Mowery

ake up, go to school, straight to basketball practice, leaving just enough time to go home, get a bite to eat, do some homework, then right to bed. This is a usual day in the shoes of basketball player sophomore Amanda Zust. Zust, like many other girls, have played for more than one basketball team this season.

"I think the unusual thing about this season would have to be the lack of senior interest, so a lot of girls were pulled up to play on other teams," said sophomore coach Bob Bagley.

Freshmen Becca Hurley, Mykenya Johnson, and Jennifer Radley are three freshmen that played on not only the 9th grade team but also 10th, JV, and varsity teams.

"I was really surprised that they pulled so many girls up to play on the other teams since there aren't any seniors playing this year they brought all lower classmen up," said Hurley.

This was also the case with girls on the sophomore team having to play JV or varsity. Six sophomores were brought up while Brittany Fisher, Samantha Waters, Carrie Hatfield and Zust all took part in playing a varsity game.

"I played freshman and sophomore last year so being on two teams doesn't really bother me," said Zust. "I've never really felt nervous about it, just frustrated sometimes."

Many didn't feel that moving girls from team to team was a problem, although sometimes nerves came into play.

"At first I was scared that I was going to mess up or miss a shot and everyone would see me and make fun of me, but after awhile I didn't worry about anyone else. I wanted to win just like any other game," said Radley.

According to the coaches, the season worked out fine in the end.

"The girls did great," said freshman coach Thana Heller.

"I think the overall season was a success. Even though they had to work through difficulties they always came together and pulled through with team work," said Bagley.

"I think the girls did a good job this season by sticking with it no matter what happened, especially the game right before Christmas when they played Johnston. The girls played very well in all fields," said Heller.

The Coaches didn't mind moving players up, either. With everyone working together everything worked out for the best.

"Sometimes we lost girls to go up and play when the team really needed them, but the other girls didn't let that stand in the way, they went out there and did what needed to be done," said freshman Coach Heller.

"We have a lot of girls with talent and we're lucky for that. It doesn't matter where you play as long as you're in it to win it," said Coach Bagley.

TEAM CAPTAINS' MOST MEMORABLE MOMENTS



"...when I lost 13 pounds in 3 days and when I won in overtime on senior night 10-8."
-Senior TylerB!



"My junior year when we came back from winter break and I beat a Lincoln wrestler."
-Senior Robert Bourdon



"When I was wrestling Valley and I cross-faced him so hard that I broke his nose. They stopped the match and I won. I qualified for state and that was pretty cool, too."
-Senior Ryan Henkle



"My sophomore year when I was wrestling my teammate, exchange student Rajko Dimitijevic, and the cheerleaders didn't know he was an East wrestler and they did a cheer just for me. Dimitijevic was on bottom and he yelled "What about Rajko!"
-Senior Tony "Fish" Miller

CONGRATULATIONS TO SENIOR RYAN HENKLE AND JUNIOR MATT SLOAN FOR QUALIFYING FOR STATE





TYLER B. (above) receives two points for a take-down on this North wrestler. Boattenhamer won this match in overtime by two points.

DURING a lopsided victory, at left, this ref takes a break to read his horoscope. At right, these senior cheerleaders stop to take one last picture on senior night vs. North. East defeated North 45-21.



Mission...



FRESHMAN

Dusty McAninch holds on to stay on top during this duel tournament at Roosevelt. East received second on this Saturday afternoon. McAninch finished the season with a record of 14-12.

VETS

By Staci Gwens

s she walks into the wrestling room, the heat hits her face like a sticky July afternoon. She collaborates with a fellow wrestler and starts practicing moves and techniques for her upcoming match. For freshman **Taylor Miller,** this was an everyday routine after school.

Miller was only one of the 32 wrestlers who worked hard each day and strived to improve and become more experienced in each future match.

"I did my best each day because I love to make boys cry," said Miller. "It was real hard but I stuck with it."

Week after week, the 32 members of the wrestling team went through a daily practice. Each Tuesday the wrestlers had a wrestle-off where each of the weight classes wrestled one another to determine who would receive the varsity position for that week's meet.

On Wednesdays, the wrestlers had to prepare for a tough practice full of conditioning. These grueling workouts helped get them under weight before weekly Thursday meet. The team completed exercises such as sprints, jumpers, and 12-minute runs.

"Conditioning was very hard," said sophomore **Bryant Reynolds**. "But it really helped me get ready for the meets the next day."

The final team record was 9-5, their best season record in dual matches. At each meet, experience helped them get ready for the conference meet they eventually tackled.

The conference meet was held in Ottumwa on Friday, February 13. The team showed tremendous effort and placed third. With three champions and three runner-ups, each wrestler had "something to be proud of," according to Coach **Larry Jackson.**

"All of my wrestlers should be very happy with the job they did," he said. "We had a great season. This is the second consecutive winning season and we continue to get better."



Photos By Karla Waldron

Victory Lane

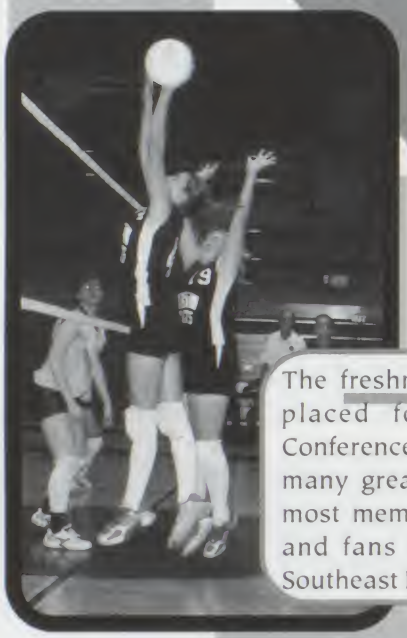
Layout By Gina Hughes



The varsity BASKETBALL team had many exciting games this season. Three games that stood out were their wins over Valley, North and Lincoln.



For WRESTLING, senior Ryan Henkle and junior Matt Sloan qualified for state. The team received 3rd place at the conference tournament in Ottumwa.



The freshman VOLLYBALL team placed fourth at the CIML Conference. The varsity team had many great wins. One that was most memorable for the players and fans was when they beat Southeast Polk at Districts.



The varsity FOOTBALL team gave "City Champ" a new meaning this season. The team had a winning record of 7-2 and went to the play-offs. East is the only city school to make it to the play-offs 3 times (1989, 2002, and 2003.) Many of the players also broke records during the season.



The varsity BASEBALL team had a victorious season of beating every school team in the city. The team went on to tie for 2nd place in the state conference with Roosevelt.

Scarlet

Country Highlights



For CROSS COUNTRY, junior Jeremiah Yassin finished 34th at the state cross country meet. He set a new 3.1 mile record this year of 15 minutes and 47 seconds.



For girls TENNIS, the number one doubles team won 3rd place at the North Polk tournament. The boys team celebrated their first victory over North 8-4. The boys' number one double's team also placed 3rd at the Saydel Tournament.



The varsity boys' GOLF team had a great win over Southeast Polk. The JV team also had a victory against North. The girls' team celebrated a year of improvement which earned many of the players athletic letters.





Boys' TRACK had many first place victories at both the CIML Conference and the Drake Relays. The team finished 4th at state. The girls' team finished state 22nd out of 60.



Varsity and JV boys' SOCCER both had a successful year. Varsity defeated North, 4-1, and Mason City, 3-2. JV had an outstanding victory against North, 3-0. The girls' team had a huge victory over Carlisle, 6-0, at the Indianola tournament.



The freshman SOFTBALL team ended its season with a record of 22 wins and 7 losses. The varsity team had seven girls place in Conference, five girls go for All-State, and one player even tied the career home-run record at 11.



The girls' SWIM team was given the Academic Achievment award from the Iowa Girls High School Athletic Union. The team also had their first state qualifier since 1995. This year the boys' team had many individual first place medal winners in the 500 Freestyle.

SPRINTING

to the finish line, alum Scott Phaydavong hopes to be victorious. Phaydavong ran on the 4x100 and 4x200 relay teams at Drake last April.





Drake Relays

1st place in 4x100 relay
1st place in 4x200 relay
Consisted of:
Scott Phaydavong, London Hayes,
Marque Glenn, and Robert Thompson

State Championships

1st place- 4x100 relay
1st place 4x200 relay
Consisted of:
Scott Phaydavong, London Hayes,
Marque Glenn, and Shavar Lee

CIML Conference Championships

1st place- 100 meter dash- London Hayes
1st place-4x100 relay
1st place-4x200 relay
Consisted of:
Scott Phaydavong, London Hayes,
Marque Glenn, and Robert Thompson

Season Highlights



SPEEDING

to clinch the win, sophomore Lee Chan receives a handoff from a teammate. Chan was one of nine sophomore runners.



Scrambling

to secure a victory for East, senior Jeremiah Yassin outpaces his competition. Yassin is also an accomplished cross-country runner.



Running

towards the finish line, junior Travis Scott dashes to complete a race. Scott was one of many returning runners from the previous season.



And They're Off!

by Jamila Yakubu

Last year, the boys track team had an extremely successful season. They had major wins at the Drake Relays and came in 4th at state.

"I was extremely proud of my team," said Coach Mel Green. "They did a great job!"

The 4x100-relay team, which consisted of alumni Scott Phaydavong and Marque Glenn, junior Robert Thompson and senior London Hayes, came in first at the Drake Relays.

"The wins at Drake were a great accomplishment for us," said Hayes.

Not only did they come in first in the 4x100, but they also had a first-place finish in the 4x200 relay.

"It was a great victory for us because we proved to ourselves that we could do it," said Thompson.

One of the goals the team had last year was to improve their finish at state. They did that by finishing 4th, compared to their 7th place finish in 2002.

"State was great because we proved to everyone that East can compete with the best of them and come out on top," said junior Nolan Walker.

The team also won many major meets this year like the Johnston Relays.

"It was great that we won at Johnston because it made people take notice of East," said junior Nick Lange.

A major goal the team has for this year is to improve in field events and distance races by spending more time practicing on them.

"It's going to be a good year for field events," said Green.

Many crucial runners are missing from this year's lineup, including Phaydavong and Glenn, who ran on the 4x100 and 4x200 relay teams.

"They'll be the two hardest to replace this year because we just had a rhythm," said Thompson.

The seniors were good runners, but they were great leaders as well.

"We will need to improve our leadership and build off of last year's senior leadership. I think that

London will be one of those great leaders along with Thompson," said Green.

Fly by the Others

by Megan Smith

olding on to their winning streak, the girls tack team flew into the season as city champions. Some teammates say pride and tradition helped them do this.

4X400 state qualifiers **Ashley Letze**, **Nicole Kouri**, **Meaghan Bruner**, and **Elyse Logan** helped to retain the winning tradition, finishing 22nd of 60 at state.

"It took a lot of dedication, getting to state, but it was all worth it in the end," said senior Letze.

According to girls track coach **George Davis**, pride and tradition played a big role in the team's successes.

Cheering for teammates and always being concerned about the meets are examples of pride within the team.

"One fun thing we do every year is let the seniors run the last practice of the season," said senior **Courtney Chaplin**. "They make us do some crazy things, but it's fun."

A typical practice starts with stretches and a warm up jog. Then the team breaks up into long distance runners and sprinters. Long distance runners run anywhere from 800 meters, about two laps around the track, to a mile. The sprinters run anywhere from 100 to 400 meters, and once in a while they'll run 800 meters.

"I like practices because after pushing my boundaries, I'm always really proud of the things I accomplish," said Chaplin.

"Practices give me something to do and they keep me in shape," said senior **Sierra Buck**.

Before a meet there are things that some of the girls do to get ready to run.

"I like to stretch and just get into my own zone. If a girl isn't nervous before a meet, she isn't ready for it," said Chaplin.

Davis says that he was very proud of his team of 42 girls, and hopes to carry on the traditions of past years.





KICKING

back after a long practice, Elsye Logan, Meaghan Bruner, Ashley Letze, and Nicole Kouri anticipate a good season. These four girls are the 4X400 state qualifiers.



COACH

George Davis, devoted to his team, shows the girls the path and the girls take it from there.

"The team was really motivated and competitively charged this past year," said Davis. "They wanted to win and a lot of them did whatever it took."

One frustration shared by many is the lack of Scarlet fan support.

"A lot of kids supported the boys' team because of the state qualifiers and their appearance at the Drake Relays, but we had state qualifiers, too, and runners at the Relays. It didn't seem like that big of a deal to the fans, though," said sophomore **Carissa Hibben**.



Resting

after a hard practice, Ashley Letze and Micaela Mallett know they have one last year together at East. Both are seniors and say they'll miss being Scarlets.

Taking

a breather from their work, coaches Bob Bagley, George Davis, Ken Morton, and Greg Morris can't miss an opportunity to show off. These four coaches work together yearly to make the girls track team successful.



Girls Track

Tennis Talk
PRACTICE



"Dot drills were my favorite warmup during practice and I think they helped my coordination," said senior Robert Songkham.



"I was used to doing ladders in football, but in tennis I think the team really benefited and it improved our game performance," said sophomore Robert Banner.





OUT

of breath, below, the boys are doing a ladder drill. This was part of their everyday practice warm up.





LOOKING

down, at right, sophomore Andy Sengaphone adjusts his racket strings. Some boys purchased more than one racket to ensure quality in performance.



SHOWING

attitude, above, sophomore Jake Atkins and senior Randy Chounlamountry stand with tennis attire. At right, entering the courts, sophomore Robert Banner stands ready to start his match.

TENNIS





DOMINATING

the court, sophomore Jake Atkins, at left, hits the ball forehand. Because of the small size of the team, the boys were given opportunities to have extra playing time.

Party at the Net

by Gina Hughes

"This was an exciting year for the boys tennis team," said sophomore Andy Sengaphone.

This year, it seemed the team started out bigger, faster, stronger, with a new coach, and the first victory in over three years. Their new coach was very pleased with their performance.

"It was a great experience to see the boys win their first match," said new coach Carl Drautz.

The team beat North, 8-4, but that was not their only victory. The team also ended up third in the Saydel Tournament, and the number one doubles team, alumni Chandy Souvatrat and Alex Ung, defeated Hoover's doubles team in the first round of districts. This was a huge accomplishment for the two because Hoover had defeated the team earlier in the regular season.

"It felt like we kept improving as the year went on, which led us to the wins," said Souvatrat. "These victories were very good for the team because it showed us that we were bringing it to the court."

According to players, practice was a key to the year's success and it was held every day after school for an hour and 30 minutes. Drautz's practice for the team consisted of doing dot drills, running a ladder, and doing spiders, a drill to improve footwork and speed. The first two weeks of practice consisted of conditioning, which was the toughest for some of the boys.

"We did a lot of running and it was really hard for me because I was not use to it," said sophomore Jake Atkins. "Drautz really pushed us hard which helped us improve and get in shape, but I really hated him during conditioning week."

The boys and girls practiced together, which appeared to be beneficial to both sides. But competition was in the air when the teams started challenging each other in singles and double matches and it turned out to be a battle of the sexes.

"I think the competition was good," said Drautz. "It brought about a whole new spirit in the team."

Before the season started, the boys and girls teams were given the opportunity to do winter training at Seven Flags during the month of February. A total of seven participated and they were given instructions by tennis pros at a clinic for one hour. Tennis courts were also reserved for individual practice.

"For the first year I think the winter training was successful," said Drautz. "Next year I think we will do a couple of things different with that clinic, to make sure we keep everything consistent on both the boys and girls basis."

The players that participated had to pay a member ship fee of $30, and then $7 per hour court time.

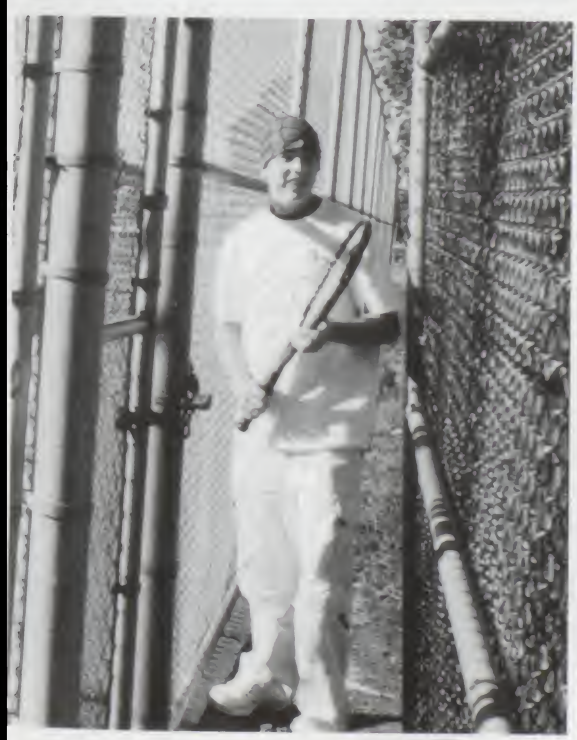
"I think it was worth it," said Souvatrat. "It helped us get warmed up for the season."

The team was small and only consisted of nine players. At the beginning of the year, 29 boys signed up, but did not continue because of involvement in other sports.

"It was cool having a small team," said Sengaphone. "I liked it because everyone got along very well and everyone got a lot of playing time, and that helped me get better."

Overall the team agrees that this was a great year for boys tennis. They got along very well and learned valuable lessons that will continue to help them in their future years.

"They came together as a team even though it is an individual sport," said Drautz. "I think this year a lot of boys and girls that didn't participate realized we have a good foundation of improved tennis at East."





SHOCKED,

alum Chandy Souvatrat, at left, excepts his athletic letter at the tennis banquet. At the banquet, the players were given their letters and other awards like Most Improved Player and The Most Coachable.

Highlights of the Season

"I enjoyed the practices. We practiced with the boys, and it was fun and also gave us a challenge."
-Senior Gina Hughes.

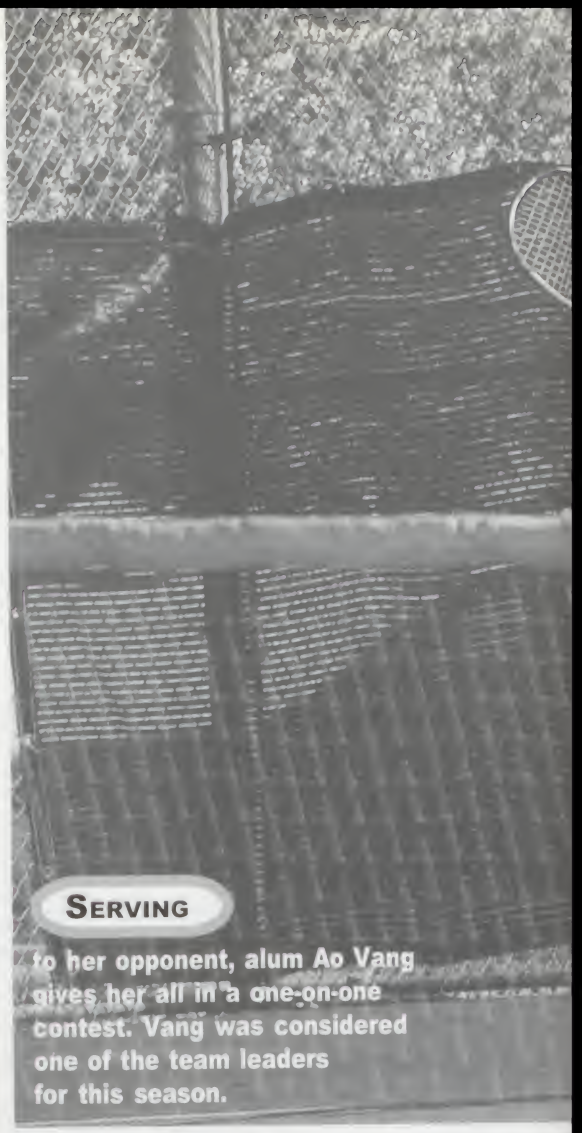
"I liked having a small team this year. It gave the coach a chance to come around and help us one by one."
-Senior Joesey Jackson.



Smiling

big, above, junior Sunny Sengaphone shows the awards she received at the banquet. Sengaphone enjoyed last season and looks forward to this spring's competition.





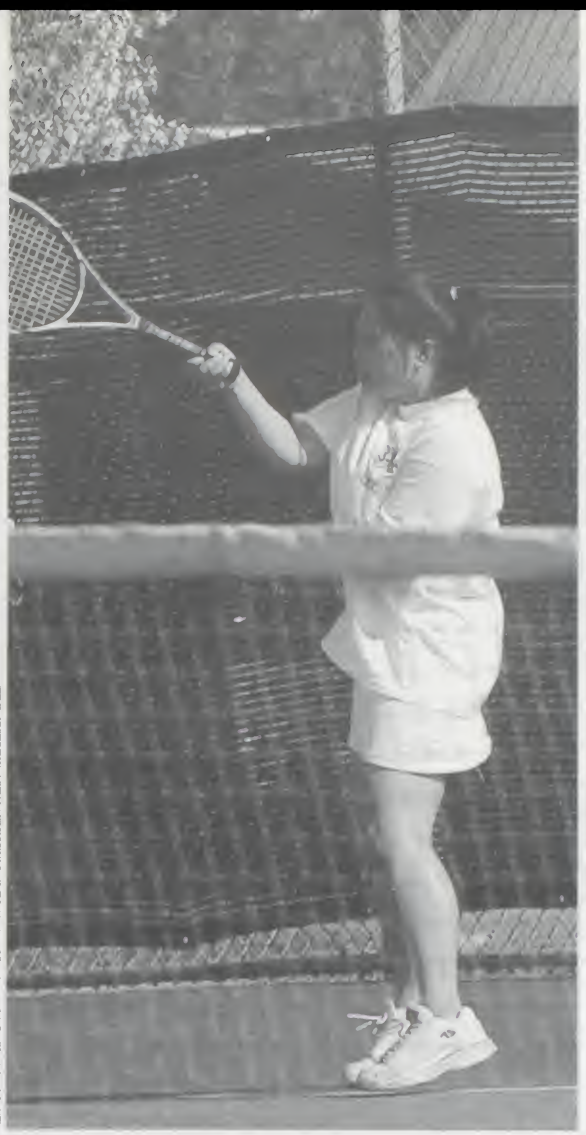
Serving

to her opponent, alum Ao Vang gives her all in a one-on-one contest. Vang was considered one of the team leaders for this season.



With

great anticipation, sophomore Nataleen Sakakhanone waits for her opponent to serve the ball. Sakakhanone practiced her serving skills diligently at every practice.





WATCHING their fellow teammates play, sophomores Bun Lo and Seashia Vang look for techniques to model. Lo and Vang had close scores with their matches.

Swinging into Action

by Amanda Khodai

ractice, practice, practice is what the girls tennis team knows a lot about. During practice, the girls work hard on skills they already know, and other essential skills taught from others.

They had their practice every day after school from 3-5 p.m., practicing with the boys. The two coaches worked together but the meets were separate.

Boys tennis coach Carl Drautz said, "With having the two teams practice together, it felt more like a family and I enjoyed that."

Junior Sunny Sengaphone said, "I really enjoyed having practice with the boys. It made it more fun and also challenged us."

Practice routines included working on foot speed, practicing dots, ladders, spiders, and conditioning.

"It was really hard but it improved our playing," said senior Gina Hughes.

Tennis classes at 7 Flags Fitness Center were another new routine for the team. The center has a trainer that the girls visited to work on techniques such as serving. The classes were an extra practice that the girls took on themselves on their own time.

"I think that it helped us get warmed up for the season. It was a good program but it would have been more beneficial if we participated as a whole team," said Hughes.

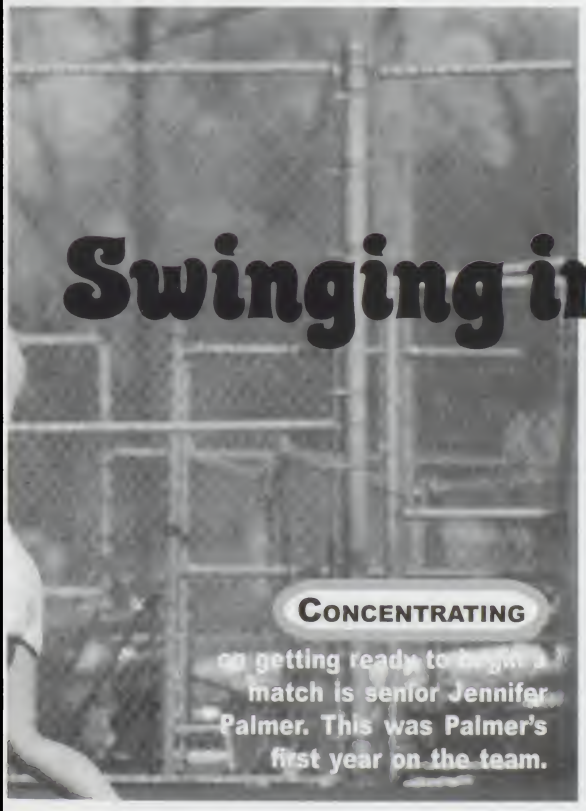
Memorable moments of the season ranged from having practice with the boys, to the game vs. North, and dealing with nervousness.

"My highlight of the season was the double team with alum Ao Vang and Hughes," said Drautz.

Former Athletic Director Ken Burgess believes that having a low number of girls let the team improve a great deal, and he got a team feel from all of the girls while attending the banquet at the end of the season.

"Vang and Hughes were able to step up and become team leaders," said Burgess.

Sengaphone said, "We had a good year but we hope to do better next year."



CONCENTRATING on getting ready to begin a match is senior Jennifer Palmer. This was Palmer's first year on the team.

Girls Tennis

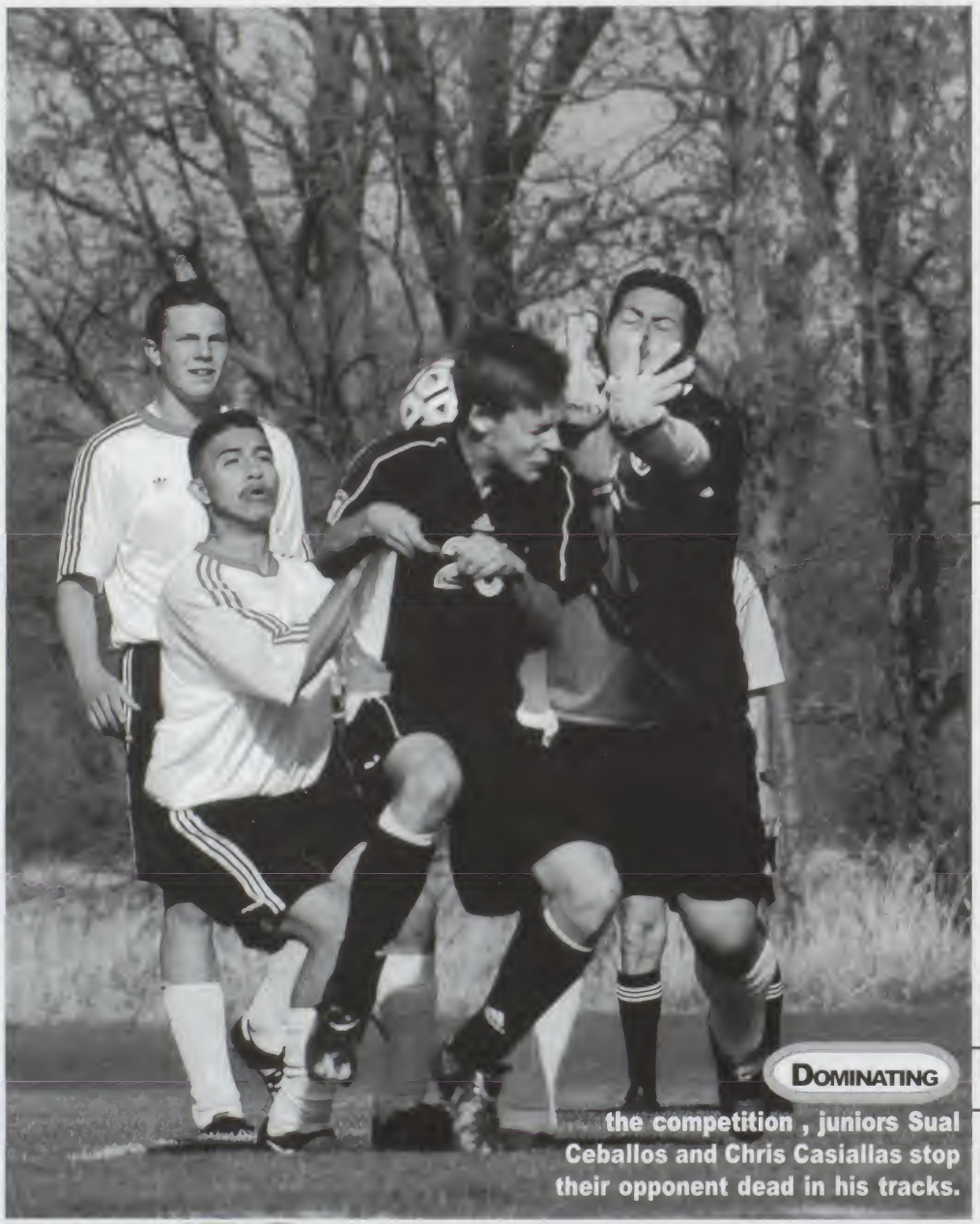
Victories

SOCCER

		East	Opponent
JUNIOR VARSITY	DM Christian	1	0
	ADM	3	2
	Roosevelt	3	1
	North	3	0
VARSITY	North Polk	1	0
	Mason City	3	2
	North	4	1







DOMINATING the competition , juniors Sual Ceballos and Chris Casiallas stop their opponent dead in his tracks.







STEPPING towards the ball, at left, junior Saul Caballos makes his move. He is just one of the the returning starters from last year. Practicing before a game, at far left, junior Khonesavan Kavan and sophomore Quinten Mitchell show off their heading skills.

WATCHING a varsity game, at center bottom left, alum Francisco Luna eagerly awaits the JV game to begin. Counter clockwise from center bottom right, senior Pedro Ceballos fights for control of the ball, colliding with a player from the other team. Resting on the bench, the varsity team takes a breather from the game. Alum Dusty Shandri was another one of the returning starters, but it was his last year.









Heading to Victory

by Jesse Antelman

"The varsity team didn't communicate and trust each other," said Lounsberry. "Mostly because we had an entire new defense with no returning starters."

This season the boys soccer department received two new coaches, teacher **Josh Griffith**, and Coach **Cory Sonner**. Sonner was currently a Iowa State University student. While Griffith wass a math teacher here at East.

"I used to be on the soccer team here at East and it is a change being a coach," said Sonner, "but I really enjoyed coaching these guys."

This spring Sonner didn't come back as a coach due to travel issues, but Griffith and Lounsberry returned.

"We haven't had a solid JV coach since I've played here," said Scarlet. "They have never stayed for a second year."

The weather last season was "not the greatest" said sophomore **John Wells**. The temperature on some of the days dropped below 40 degrees.

The conditioning consisted of Indian runs and 100-yard sprints. Indian runs are when a player runs around all three practice fields in a line while the the person in back sprints to the front.

"The conditioning was not easy this year," said Wells, "but it helped everyone to get in shape for the season."

The 2003 season was full of ups and downs, especially for the JV team. They had to face teams like Dowling and Mason City. The team defeated North 3-0. Then they were defeated by Hoover 3-0 in their last game.

"I think the JV performed much better that I could have thought looking at the first few days of practice," said Griffith. "They improved tremendously."

The varsity team also had their share of victories and losses. They defeated North, 4-1, and Mason City, 3-2. They lost some games but they felt that they are headed to greatness.

"I think that at the end of the season, we played together as a team and cooperated with each other," said senior **Trevor Jones**, "and we played hard till the very end."

Highlights of the Season

"I really liked playing and working with all the girls on the team. Practices were fun at times too," said junior **Breann Whitaker.**

"My favorite highlight of the season was playing in the rain with all the slipping and sliding around on the field," said junior **Silvia Aguayo.**

"The rides on the bus to games were a blast. Most of the time we sang and got pumped up for the game," said junior **Nicky Waldron.**







STEALING the soccer ball, junior Laura San Elias outplays her opponent. The team worked hard all season on footwork to play strong on the field.

AIMING for the goal, at right, junior Breann Whitaker coils to fire a shot on goal. Whitaker, like many of the girls on the team, spent extra time during the season improving fundamental skills.



AFTER

a game the varsity team gathers around coach Ballard for a few pointers. The team had meetings before and after each game they played.



SAVING

a goal, junior goalie Gioa Nguyen blocks a shot. Nguyen has played for East since her freshman year.



Kicking For the Goal

by Vivian de la Cruz

With cleats grinding in the misty, green grass, junior **Silvia Aguayo** kicks the ball to one of her teammates. Sweat is dripping from their faces along with a determined look not to give up.

These are only two of the characteristics of each player on the girls' varsity and JV soccer teams.

The teams were made up of freshmen, sophomores, juniors and seniors, an unusual wide range.

"Even though the girls' ages ranged greatly, they all got along great," said first year varsity coach **Brad Ballard.**

Ballard was the assistant coach for the boys' soccer team in Dallas Center Grime before coming to East.

"I heard about the position for a new coach from the athletic director and decided to take it," said Ballard.

The team started off with two brand new coaches. The JV coach was **Tanner Guy,** who joined varsity coach Ballard.

"The coaches were really fun, but they also worked us really hard," said junior **Nicky Waldron.**

Ballard and Guy focused on the girls' fundamentals to improve their overall playing skills as a whole.

"It was 'cool' playing with all the girls, it helped us form better relationships and we got to learn more about one another," said junior **Cassi Bainter.**

"Fundamental skills are important in soccer, so that's why I pushed the girls so hard," said Ballard.

"We still have a long way to go as far as skills, but the girls worked hard and I think that we could really see the potential of the team," said Guy.

A variety of people, not just the coaches, support the players. Parents are a big help to the season.

"I think that by being in soccer or any extracurricular activity, it really helps keep the kids out of trouble," said parent **Karla Waldron.**

The teams practiced Monday through Friday, starting off with a two-mile jog that had to be completed by everyone within twenty minutes.

"It was as if the coaches' favorite thing to do was to make us run," said sophomore **Laura San Elias.**

All the practicing paid off with the big victory win over Carlisle, 6-0, at the Indianola tournament.

"Carlisle was a good win. I was happy the girls got their first win in an EHS uniform. It gave them a sense of pride and even they knew that practicing really did help," said Guy.

Ballard and Guy hope to improve the girls' season record next year when they return.

"The girls learned more about soccer from the beginning of the season until the end and improved greatly," said Ballard. "My main focus next season will be to get more wins."

A big highlight was interaction with one another.

"I feel like all of the girls are closer than they were when they first started the season," said manager **Luis Quintenar.**

"We may not have won many games, but we gained friendships and to me that's a big win," junior **Laura Velazquez** said.

Bowling Slang

"Turkey" ...3 strikes in a row

"Maples" ...the pins.

"Bagger" ...five strikes in a row.

"Naked spare" ... A single pin spare.

"Bed posts" ...the 7-10 split.

"Pin boy" ...before automatic pinsetters, the pins were set by hand, this person was called the "pinboy"(no matter what gender)





WAITING patiently for their turns, this bowling group crowds around a lane score board for a quick photo.



HAVING great form, sophomore Matt Smith bowls a strike while practicing. They practice on Tuesdays and Thursdays every week.



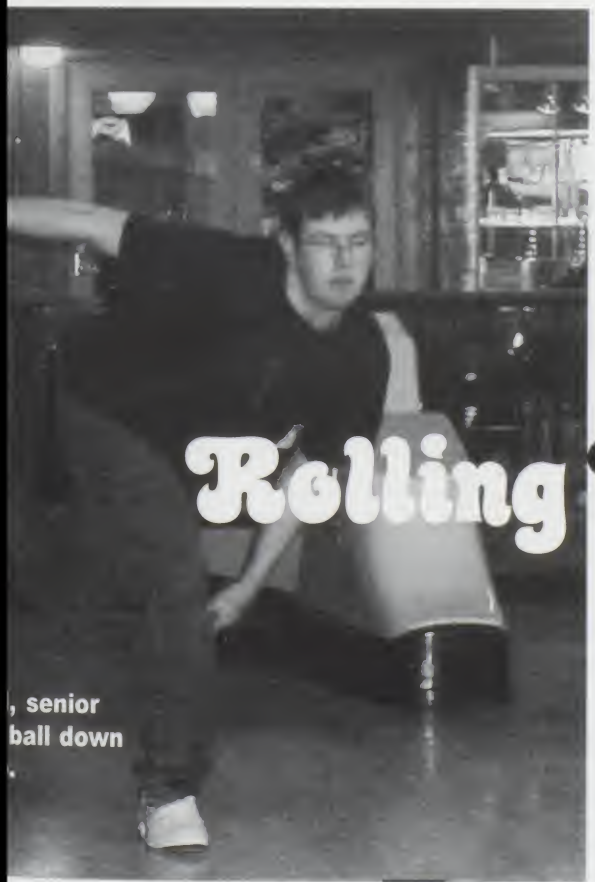
SETTING himself up for a
Jon Long sends h
the lane for a str



PRACTICING their striking skills, senior Joe Smith and sophomore Matt Smith get ready for the state competion on March 6th.



PLAYING jokes at [illegible] of the fu[illegible] has du[illegible]



, senior
ball down

Rolling To Victory

by Alyssa Heggen

Some people never knew that East had a bowling team, but it's here. What's bowling you say? It's the sport where you roll the colored balls down the strip of slippery floor and it hits the milk bottle-looking things.

Come on, it's where teenagers sometimes like to go on the weekends with their friends. Any of this ringing a bell? They have an arcade, they play cool music, and sometimes you glow in the dark. Yeah, that place.

The team is coached by **Derek Lounsberry**, the multi-media teacher. The team used to be coached by gym teacher **Terrie Fenstermann.**

"I wanted to coach bowling so I could meet the students that weren't in all the regular winter sports like basketball, wrestling, and boys' swimming. I wanted to meet kids that aren't necessarily typical 'athletes'," said Lounsberry.

The bowling team met every Tuesday and Thursday after school at Bowlerama Lanes. The bowling ally supplied balls and shoes, although some bowlers chose to use their own shoes and balls, mostly because the bowlers like to use their own balls and they don't particularly like getting feet fungi.

"Mostly only the varsity bowlers use their own balls because they're the ones that are more serious about bowling," said senior **Jon Long**, who has been bowling on the East team for 3 years.

"This year was an up and down year, but we had our good times and victories," said Lounsberry.

The boys' bowling team had a great game in Osceola. They had a score of 289 points, just short of a perfect game, which is 300 points.

"They had their mental game ready, but not so much their physical game, although we are progressing with our physical game," said Lounsberry.

The girls' didn't do as well as the boys this year, but they did have victories over Hoover and Roosevelt.

"Bowling has been much better this year, thanks to having an actual certified coach," said Long, "The bowling team got off to a bad start this year, but we got better since the season has progressed."

Sports Teams & Stats

Boys Tennis		
EHS	vs.	OPP
3	Tama	8
2	Indianola	9
1	Roosevelt	10
4	Hoover	6
1	Ottumwa	10
3	Lincoln	8
9	North	2
3rd	Saydel Tourn.	



BOYS TENNIS. Front Row: Alex Ung, Robert Songkham, Jacob Atkins, Andy Sengaphone. Row 2: Randy Chounlamountry, Chandy Souvatrat, Coach Carl Drautz, Robert Banner, Tarry Heckathorn.



GIRLS TENNIS. Front Row: Joesey Jackson, Bun Lo, Lizeth Medina, Ao Vang, Sunny Sengaphone, Lyssette Lopez. Row 2: Nataleen Sakakhanone, Svenja Wirsig, Coach Joyce Smith, Seashia Vang, Gina Hughes. Not Pictured: Genesis Beltran, Jennifer Palmer.

Girls Track	
Lincoln Relays	1st
City Championship	1st
Polar Bear Relays	1st
SE Polk Relays	4th
Waukee Relays	2nd
Johnston Relays	2nd
Ankeny Relays	5th
Warrior Relays	2nd
Lee Town Relays (cancelled)	
Conference Meet	3rd
District Meet	5th
State Meet	22nd



GIRLS TRACK. Front Row: Angela Baumeister, Elizabeth Widlund, Amber Brooks, Brook Budd, Lindsay Owens, Sharisheka Lamay, Elyse Logan, Nicole Mowery, Ashley Logan, Nicole Cockerham, Ashley Peterson. Row 2: Kelli Sawhill, Karen Sawhill, Brandy Budd, Shannon Wagner, Ashley Goodpaster, Jessica Beavers, Sharmaine Lee, Staci Owens, Jodi Housley, Kortney Stevens, Kelly McFaddin, Meaghan Bruner, Molly Horen. Row 3: Tomeeka Walton, Jenna Doty, Carrie Hatfield, Kassadee Sellers, Asst. Coach Bob Bagley, Coach George Davis, Asst. Coach Ken Morton, Asst. Coach Greg Morse, Ratasha Simpson, Jessica Cockerham, Mallory Johnson, Samantha Waters, Amuck Riak. Row 4: Jarae Shelton, Courtney Chaplin, Sierra Buck, Felicia Wagner, Jelena Ravas, Jamie Wagner, Crystal Larsen, Stacy Knight, Jamie Wetzel, Mandy Ulmer, Anna McCourt, Andria Torez, Melissa Horner. Back Row: Sarah Wighall, Whitney Link, Whitney Link, Micaela Mallett, Nicole Kouri, Ashley Letze, Brook Fisher, Ashley Botts, Carissa Hibben, Amanda Zust, Shelby Speck.

Layout: Kilgore Trout.



JV/VARSITY GIRLS SOCCER. Front Row: Jessica Cantwell, Tori Crum, Jenne Reedholm, Christina Brooks, Deisy Ceballos, Diana Phomisay, Alyssia Rivera, Cassi Bainter, Breann Whitaker. Row 2: Emily Rice, Kaitlin Brown, Ashley Huggins, Elma Musakovic, Laura Velazquez, Gioa Nguyen, Nicole Waldron, Andrea Torres. Back Row: Payton Petrie, Tiffany Holley, Rachel Diver, Christina Fane, Coach Brad Ballard, Chelsea Miller, Meredith Breton, Angela Puffett, Silvia Aguayo. Not Pictured: Laura San Elias, Elyssa Patino.

JV Girls Soccer

EHS	vs.	OPP
0	Mason City	3
0	Dowling	9
0	Roosevelt	10
0	Hoover	5
0	North	4
0	Norwalk	9
0	Newton	7
0	Marshalltown	4
0	SE Polk	5

Varsity Girls Soccer

EHS	vs.	OPP
0	Mason City	1
0	Urbandale	9
0	Dowling	9
0	Lincoln	3
0	SE Polk	1
0	Norwalk	5
6	Carlisle	0
0	Roosevelt	10
0	Hoover	5
0	North	4
0	Norwalk	9
0	Newton	7
0	Marshalltown	7
0	SE Polk	5
0	Marshalltown	10



VARSITY BOYS SOCCER. Front Row: Trevor Jones, Carlos Patino, Kevin Alarcon, Danny Phomisay, Gustavo Ceballos, Pedro Leaños. Row 2: Ben Heaberlin, Ben Murray, Mgr. Sam Puffenbarger, Mgr. Ashley Walker, Mgr. Celest Lacona, Marcus Nece, Chris Casillas. Back Row: Nate Nissen, Rick Greenly, Todd Claiborne, Coach Derek Lounsberry, Coach Cory Sonner, Tim Ballard, Dusty Shandri, Scott Flaherty. Not Pictured: Pedro Ceballos, Saul Ceballos, Tony Mosqueda.



JV BOYS SOCCER. Front Row: Danny Phommisay, Miguel Montes, Mgr. Sam Puffenbarger, Mgr. Ashley Walker, Mgr. Celest Lacona, Nemios Perez, Kevin Alarcon. Row 2: Jeff Garland, Alex Ung, Alfredo Gutierrez, Jared McNeal, Olay Thipyothin, Jose Rodriguez, Walter Mendez, John Wells. Back Row: Adam Scarlett, Nick Anspach, Coach Derek Lounsberry, Fransisco Luna, Coach Cory Sonner, Jesse Antelman, Alan Rubenking. Not Pictured: Trevor Bird, Chris Casillas, Cesar Contreras, Adan Gomez, Luis Gomez, Khonesavanh Kavan, Ricardo Montano, Tony Ortega, Luis Siordia, Rogelio Valazquez.

Varsity Boys Soccer

EHS	vs.	OPP
1	DCG	4
2	Newton	5
1	North Polk	0
1	Lincoln	3
0	DM Christian	3
0	Urbandale	8
0	Dowling	8
0	Lincoln	4
3	ADM	6
1	Roosevelt	15
3	Mason City	2
1	SE Polk	5
4	North	1
1	Hoover	2
1	Urbandale	4

JV Boys Soccer

EHS	vs.	OPP
0	DCG	1
0	Newton	2
1	DM Christian	0
0	Urbandale	8
0	Dowling	4
0	Lincoln	5
3	ADM	2
3	Roosevelt	1
1	Mason City	2
0	SE Polk	1
3	North	0
1	Hoover	5



BOYS TRACK. Front Row: Scott Phaydavong, Daivon Daniels, Lee Chan, Eric Thavonekham, Robert John, Nick Bunce, Shavar Lee, Robert Thompson. Row 2: Damien Brown, Kenny Phaydavong, Jeremy Amerison, Teara Rice, Molly Frederickson, Reeio Sumabat, Tanner Fisher, Robert Bourdon, Matt Grochala. Row 3: Marque Glenn, Travis Scott, Coach Byron Williams, Coach Mel Green Jr., Coach Don Starcevich, Coach Mel Green Sr., Bryan Johnson, Mike Teasley. Row 4: Andrew VanGundy, Jeremiah Yassin, Stephen Williams, PJ Cooper, Tony Miller, Neil Hall, Luke Bolander, Gabe Hibben, Paris Thomas, Austin Peterson. Row 5: Brett Adams, Nolan Walker, Andrew Olson, London Hayes, Royce Phillips, Nick Lange, Tyrone Johnson, Marty Mohler. Not Pictured: Matthew Ballard, Montel Butts, Evan Fousek, Michael Miller, James Rendall, Jack Richards, Cesar Contreras, Kenterill Johnson, Brian Roby, Adam Sparks, Craig Whitney, Nick Eaton, Quinton Mitchell, Luv Teny, Mike White, Saul Alcala, Aaron Thomas, DeMarco Turner.

Boys Track

Urbandale Invit.	2nd
Hi-Covey Relays	5th
Roosevelt Invit.	3rd
Forwald Relays	4th
Little Cyclone Relays	3rd
Johnston Invit.	1st
Conference Meet	4th
State Meet	4th

JV Softball

EHS	vs.	OPP.
16	Boone	0
9	Newton	0
1	Dowling	1
4	Roosevelt	0
9	Hoover	1
4	Valley	2
1	Ankeny	4
1	Winterset	2
3	Dowling	2
5/5	Ottumwa	1/1
6	Waukee	2
12	North	0
11	Johnston	1
5	Clear Creek	4
3	Lincoln	2
7	Valley	3
6	Roosevelt	0
9	Winterset	0
3	Butlington	4
0	Oskaloosa	0
2	Johnston	1
2	SE Polk	1
10	Hoover	0
8	SE Polk	2
6/5	Ottumwa	0/0
13	Marshalltown	1
12	North	0
8	Marion	3
9	Marshalltown	3
2	Valley	3
5	Oskaloosa	4
2	Lincoln	0
5	Urbandale	1

Varsity Softball

EHS	vs.	OPP.
5	Mason City	0
3	Boone	0
0/9	Newton	2/0
1/1	Roosevelt	0/1
7/4	Hoover	2/3
2	IA City High	5
1	Grinnell	0
4	IA City West	0
2/1	Ottumwa	0/2
1	Waukee	2
5/10	North	1/1
4	Armstrong	0
2	IA City High	0
2	SC East	1
12	HLV	1
0/0	Lincoln	6/4
1/0	Valley	4/9
0/5	Roosevelt	2/2
2	Burlington	1
2	Winterset	1
8	CR Kennedy	3
9	Ft. Madison	1
1/1	Hoover	0/0
0/1	SE Polk	1/2
9/6	Ottumwa	3/3
7	Marshalltown	0
0	Urbandale	4
2/3	North	1
3	Oskaloosa	2/0
1	Pella Christian	0
2	Burlington	1
6	Fairfield	0
1/4	Lincoln	2
3/1	Urbandale	0/6
5	Ankeny	4/2
1	SE Polk	2
2	Waukee	1
0	SE Polk	1



VARSITY SOFTBALL. Front Row: Angie Baumeister, Nicole Cockerham, Elyse Logan, Lindsay Owens, Stephanie Cozad, Ashlee Petersen. Row 2: Amanda Ulmer, Bobbie Stradley, Jessica Cockerham, Brandy Budd, Kellie McFadden, Carrie Hatfield, Kelli Sawhill, Shannon Michelsen. Back Row: Amanda Zust, Whitney Link, Asst. Coach Jerry Collins, Coach Bob Ligouri, Asst. Coach Bob Savage, Nicole Kouri, Kim Howell. Not Pictured: Samantha Waters, Jennifer Radley, Karen Sawhill, Asst. Coach Thana Heller, Asst. Coach Jamie Baas.



JV SOFTBALL. Front Row: Angie Baumeister, Jodi Housley, Jessica Beavers, Elyse Logan, Lindsey Owens, Ashlee Petersen, Ashley Goodpaster. Back Row: Coach Jamie Baas, Shelby Speck, Samantha Waters, Carrie Hatfield, Kelli Sawhill, Kassadee Sellers, Amanda Zust, Coach Thana Heller. Not Pictured: Karen Sawhill, Jennifer Radley, Ashley Logan.

Freshman Softball

EHS	vs.	OPP.
3	Newton	2
11/26	Roosevelt	0/0
11/13	Hoover	0/0
0/5	Ottumwa	8/6
10/10	Marshalltown	0/0
11/13	North	1/0
2/3	Lincoln	½
6/0	Valley	2/6
12/4	Roosevelt	0/1
2/8	Hoover	1/3
5/8	SE Polk	3/5
4/2	Ottumwa	¾
3/1	Urbandale	0/6
11/5	North	0/6
11/2	Lincoln	3/5



FRESHMAN SOFTBALL. Front Row: Kelli Sawhill, Karen Sawhill, Nikki Mowery, Kelsie Titus, Angie Baumeister. Row 2: Deana Grooms, Jenna Doty, Tricia Robbins, Mollie Horton, Samantha Waters, Tonessa Young. Back Row: Coach Amy Flynn, Melissa Horner, Kasadee Sellers, JaRae Shelton, Coach Tricia Bennett.

8th Grade Softball

EHS	vs.	OPP.
11	Newton	0
19	Ames	0
4	Valley	10
0	Dowling	4
4	Ankeny	8
6	S.E. Polk	4
7	Urbandale	4
2	Johnston	4
6	Indianola	2
12	Waukee	0
0	Ankeny	7
2	Dowling	1
1	Urbandale	3
10	S.E. Polk	0



EIGHTH GRADE SOFTBALL. Front Row: Heather Kingen, Samantha Roth,Kelcey Young, Amanda Roth, Kelsey McCuen, Chaney Crabb, Kim McCoy, Stephanie Brown. Row 2: Amy Tarr, Jennifer Davison, Addison Speck, Trish Robbins, Hannah Grimm, Jennifer McDaniel, Jasmine Tyler, Mattison Sellers. Back Row: Hannah Harclerode, Ashley Stebben, Marnetta Rankin, Coach Brigid Menough, Amanda Enochs, Jennifer Johnson, Jennifer Radley.

Layout: Kilgore Trout.



VARSITY BASEBALL. Front Row: Derek Wennekamp, Greg Tarr, Jon Piper, Aaron Young, Kyle Audlehelm, Robert Bourdon. Row 2: Mike Doornenbal, Nate Roth, Coach Brian Luft, Steven Williams, Asst. Coach BJ VanVleet, Adam Bolander, Montez Rankins. Back Row: Mike Chumbley, Ronald Harmon, Troy Deaton, Dustin Fisher, Jeff Zelenovich, Tyler Boattenhamer, Tyler Luft, Dustin Weber. Not Pictured: Josh Dunham, Nick Eaton, Marty Mohler.



SOPHOMORE BASEBALL. Front Row: Josh Dunham, Mason Ballard, Jeff Jones, Brian Doornenbal, Kenny Savage, Brent Hall, Alan Althaus, Chris Haukmuth. Row 2: Nick Lange, Tim Bolton, Tyler Luft, Coach Martin Luft, Marty Mohler, Drew Beals, Luke Bolander, Nick Eaton.



FRESHMAN BASEBALL. Front Row: Dalton Senecaut, Michael Kuehler, David Cipperley, Trevor Beals, Aaron DeGoey, Ben Hurley, Tony Crowder. Row 2: Ryan Brower, Pete Michelsen, Dustin McAninch, Coach Tony Snyder, Coach Scott Rourke, Ryan Remus, Jacob Burkhead, Joey Peterson. Row 3: Robert Banner, Ricco Morrow, Brett Toncar, Josh Gardner, Logan Miller, Ben Ballard, Matt Grochala, TJ Page, Mike White. Not Pictured: Nick Eaton, Tyler Luft.

Varsity Baseball

EHS	vs.	OPP
2	Valley	16
10	Boone	11
8	Denison	20
13	Dyersville	17
0	Bettendorf	16
9	SE Polk	0
3/6	Mason City	2, 13
5	Newton	6
5/15	Roosevelt	8/9
8/3	Hoover	5/6
18	Marshalltown	5
8/10	Ottumwa	7/0
4/11	North	5/5
6	Winterset	1
2	Ankeny	12
4/13	Lincoln	0/22
12	CR Jefferson	11
4/3	Roosevelt	10/6
6/2	Hoover	3/3
7/7	Ottumwa	9/8
6	Indianola	9
5	Saydel	4
1/6	Urbandale	5/15
10	North	1
6	Waukee	3
8	North	4
8/7	Lincoln	9/6
1	Dowling	11
8	North	5
14	Ankeny	16

Sophomore Baseball

EHS	vs.	OPP
1/2	Valley	5/6
1/4/3	SE Polk	12/2/13
2/6	Roosevelt	4/7
4/17	Mason City	2/4
10/11	Hoover	9/4
7/3	Marshalltwn	8/2
4/9	Ottumwa	9/16
10/15	North	0/0
1/1	Lincoln	11/6
5/9	Roosevelt	6/10
5/7	Hoover	3/1
12/3	Ottumwa	11/13
10/17	North	0/9
7/9	Lincoln	6/10
4/3	Dowling	8/6

Freshman Baseball

EHS	vs.	OPP
11	SE Polk	5
4/14	Newton	7/14
7/10	Roosevelt	4/7
8/10	Mason City	7/8
10/8	Hoover	2/9
14/11	Marshalltwn	4/5
7/11	Ottumwa	8/2
7/7	North	0/0
3/2	Lincoln	0/12
4/11	Roosevelt	7/7
14/14	Hoover	5/4
4/2	Valley	7/12
5/1	Ottumwa	16/4
20/15	North	1/0
10/5	Lincoln	4/4
2/5	Dowling	1/8



VARSITY FOOTBALL. Front Row: #5 Kenny Phaydavong, #32 Javon Washington, #20 Jeremy Amerison, #23 Nick Bunce, #90 Ryan Henkle, #29 Kenterill Johnson, #53 Alan McConnel, #21 Robert Thompson, #57 Robin Mickens, #1 Michael Matthews, Row 2: Mgr. Nikita Person, #64 Mike Stockbauer, #25 Travis Scott, #76 Pat Pollard, Mgr. Tony Whelchel, #77 Gene Beakler, #61 Nate Roth, #71 Brandon Ramirez, #42 Matt Grochala, #50 Doug Rowe, Asst. Trainer Ashli Walker. Row 3: Coach Bob Bagley, Coach Ed Jennings, Coach Ken Burgess, Coach Chris Jorgensen, Coach Tom Sanders, Coach Darrin Fisher, Coach John Walling, Coach Tron England, Coach Joe Bianchi, Trainer Paul Carr, Coach Byron Williams, Coach Carl Drautz. Row 4: Asst. Trainer Kevin Sanders, #65 Ben VanSyoc, #44 Robbie Hill, #51 Luke Griffith, #52 John Guy, #22 Jeff Carstens, #34 Tony Miller, #58 Micheal Knode, #84 Mike Deerr, #62 Stephen Williams, #33 Jon Gines, Mgr. Tina Nickerson. Row 5: #66 PJ Cooper, #26 Ashton Sauls, #15 Branden Thomas, #80 Tim Bolton, #24 Luke Bolander, #82 Marty Mohler Jr., #68 Jack Richards, #19 Tyrone Johnson, #79 Floyd Perry, #55 Robbie Snyder. Row 6: #78 Troy Deaton, #10 Ryan Neff, #7 Jamie Fitzgerald, #28 London Hayes, #69 Andrew Strahl, #73 Andrew Hastings, #88 James Rendall, #54 Jon Stapes, #8 Nick Eaton, #9 Todd Claiborne. Back Row: #72 Adam Kalwishky, #74 Tad Hoover, #18 Adam Scarlett, #70 Cody Conn, #60 Tyler Boattenhamer, #85Nick Lange. Not pictured: #13 Carlos Patino.

Varsity Football

EHS	vs.	OPP
7	Dowling	42
61	SC West	19
49	CB Lincoln	41
41	Mason City	27
57	Roosevelt	6
42	Hoover	12
6	Ottumwa	22
49	North	12
50	Lincoln	7
33	Ankeny	52

Sophomore Football

EHS	vs.	OPP
0	Dowling	55
0	Ankeny	55
0	Ames	21
8	Mason City	33
40	Hoover	8
14	Roosevelt	19
12	Ottumwa	41
14	North	12
7	Lincoln	22

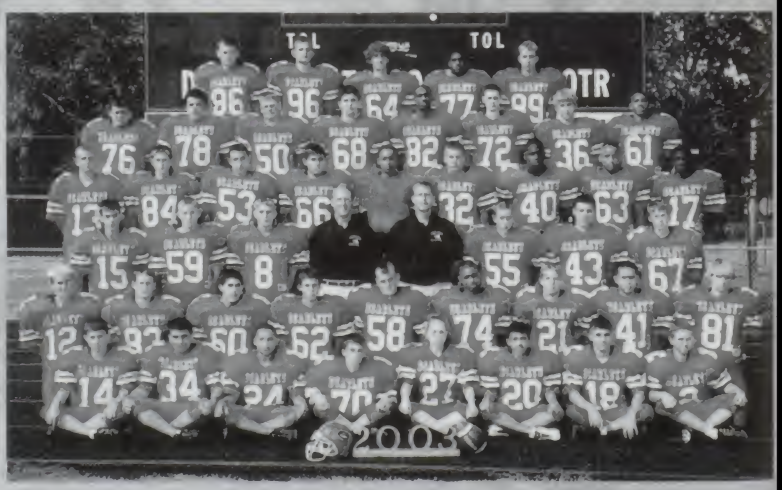
Freshman Football

EHS	vs.	OPP
19	Dowling	41
0	Ames	42
0	Ankeny	32
52	Mason City	12
12	Roosevelt	50
18	Ottumwa	32
52	Hoover	0
56	North	0
28	Lincoln	51



SOPHOMORE FOOTBALL. Front Row: Tyler Sowden, Lee Chan, Zeb Townsend, James Holmes, Eric Thavonkham, Tony Crowder, John Wells. Row 2: Ryan Stockbauer, Pete Michelson, Michael Teasley, Ricco Morrow, Mike White, Tony Helm. Row 3: Robert Banner, Aaron Thomas, Asst. Coach Ed Jennings, Coach Ken Burgess, Asst. Coach Byron Williams, Pat Pringle. Row 4: Josh Cook, Scott Vulgamott, Joe Pollard, Nate Harvey, Luke Griffith, Matt Grochala. Row 5: Kyle Thompson, Aaron Snow, David Abell, Taylor Walker, Aaron Daleske. Back Row: Brendon Kerber, Zach Cort, Tad Hoover, Nick Eaton, Royce Phillips, Bryant Reynolds. Not Pictured: Damien Brown, Robin Mickens, Marc Whalen.

FRESHMAN FOOTBALL. Front Row: (dropped), Jose Carlos Sanchez, Stewart Hall, (dropped), Taylor Miller, Darie Douch, (dropped), Devin Cipperly. Row 2: Ben Hurley, Aaron DeGooey, Josh Meyers, Kirk Rivas, Jimmy Hill, (dropped), Dusty McAninch, Chris Sunny, Shawn Williams. Row 3: Doug Feldman, Karl Althaus, Blake Horch, Coach Carl Drautz, Asst. Coach Bob Bagley, Ryan Remus, Brian Loftus, (dropped). Row 4: Brett Toncar, TJ Page, Robert Frye, Eldon Campos-Anderson, (dropped), (dropped), Elijah Seymore, Neil Issa, Amara Sana. Row 5: Matt Smith, Kevin Brookes, Ben Ballard, Joel Lange, Brandon Brown, (dropped), (dropped), Jacob Andrews, Aaron Jordan. Back Row: Scott Fowler, Bojan Djukic, Ben Chappell, Corey Rankins, Logan Miller.



Layout: Kilgore Trout.



VARSITY VOLLEYBALL. Front Row: Silvia Aguayo, Meaghan Bruner, Carrie Hatfield, Brittany Fisher. Row 2: Jeanna Frost, Ashley Letze, Kristen Robinson, Jamie Nixon, Jenny Carr. Back Row: Amanda Zust, Lindsee Hook, Coach Terrie Fenstermann, Mgr. Kevin Sanders, Shelby Speck, Brook Fisher.



JV VOLLEYBALL. Front Row: Megan McElderry, Kristina Epping, Latisha Streeper, Ashlee Logan, Elyssa Patiño. Row 2: Giao Nguyen, Kasadee Sellers, JaRae Shelton, Melanie Woltz, Myra Weatherall, Mollie Horton. Back Row: Ashlee Rankin, Coach Jenae Halstead, Carissa Hibben, Coach Jenny Young, Arielle Petrie. Not Pictured: Genesis Beltran, Amanda Smith.



FRESHMAN VOLLEYBALL. Front Row: Paulina Escobedo, Christina Tharp, Brittney Robbins, Sarah Perkins, Nikki Robbins. Row 2: Jasmine Tyler, Darcey Spencer, Amy Tarr, Natasha Siders, Addison Speck, Jennifer McDaniel. Back Row: Tiffany Daugharthy, Cassandra Stapes, Haley Boattenhamer, Coach Mary Decker, Jennifer Cantwell, Jennifer Radley, Abigail Campbell.

Varsity Volleyball

EHS	vs.	OPP
6/5/6	Ankeny	25/25/25
6/11	Urbandale	21/21
11/15	Mason City	21/21
19/13	Knoxville	21/21
10/13/25/14	Johnston	25/25/21/25
11/19	CR Jefferson	21/21
10/15	Urbandale	21/21
21/21	North	6/8
13/21/10	Lincoln	21/18/15
12/14/25/17	Indianola	25/25/23/25
21/25/10/17	Lincoln	25/16/25/25
16/21/19	Roosevelt	25/25/25
9/7	Indianola	21/21
17/14	Marshalltown	21/21
13/9	W. Christian	21/21
21/21/14	Oskaloosa	23/14/16
25/25/25	Hoover	14/16/14
2/6	Dubuque	21/21
11/10	Waterloo	21/21
17/19	CR Kennedy	21/21
13/21/15	CR Jefferson	21/17/17
19/18/17	Ottumwa	25/25/25
14/15	Webster City	21/21
21/16/11	Oskaloosa	16/21/15
11/15	Dowling	21/21
21/21	SE Polk	15/18
13/15	Roland Story	21/21
25/25/25	North	21/11/12
25/25/25	SE Polk	23/18/21
7/21/10	Dowling	25/25/25

JV Volleyball

EHS	vs.	OPP
10/3	Ankeny	25/25
10/13	Johnston	25/25
13/18	Lincoln	21/21
15/21/15	North	21/19/6
21/21	Indianola	15/12
20/15	Ankeny	22/21
20/18	Lincoln	25/25
10/21/8	Urbandale	21/18/15
15/8	Norwalk	21/21
10/14	Newton	21/21
21/21	SE Warren	18/13
20/20	Roosevelt	25/25
17/16	Indianola	21/21
4/10	Mason City	21/21
10/14	Dowling	21/21
10/10	Valley	21/21
25/25	Hoover	7/10
21/21	Eagle Grove	10/18
4/9	Mashalltown	21/21
17/19	Urbandale	21/21
14/18	SE Polk	21/21
16/18	Johnston	21/21
21/21	Boone	16/17
21/21	Praire City	12/15
21/21	SE Polk	16/18
25/10/15	North	14/25/10

Freshman Volleyball

EHS	vs.	OPP
0	Ankeny	2
0	Johnston	2
0	Lincoln	2
0	Ankeny	2
0	Waukee	2
0	Roosevelt	2
2	Indianola	1
2	Lincoln	0
1	Dowling	2
0	Ankeny	2
0	Valley	2
1	Bondurant	2
0	Indianola	2
0	Roosevelt	2
2	North Polk	1
0	Perry	2
0	Dowling	2
2	Roosevelt	1
2	Hoover	1
0	Ankeny	2
0	Dowling	2
0	Clarion-Goldfield	2
0	Ankeny	2
1	Eagle Grove	2
0	Ottumwa	2
1	North	2

Varsity Girls Basketball

EHS	vs.	OPP.
43	Mason City	56
35	Urbandale	64
36	Ft. Dodge	64
32	DM Lincoln	71
32	DM Roosevelt	54
51	Newton	39
22	DM Hoover	48
55	Ottumwa	36
38	Johnston	39
28	Indianola	32
39	DM North	37
23	WDM Valley	37
36	DM Lincoln	82
59	Waukee	42
51	Newton	33
31	DM Roosevelt	64
49	SE Polk	58
31	DM Hoover	55
28	Ames	43
53	DM North	24
36	Ottumwa	33
37	Urbandale	46



VARSITY GIRLS BASKETBALL. Front Row: Carrie Hatfield, Samantha Waters, Mgr. Crystal Larson, Monica Hernanedez, Angie Baumeister. Row 2: Becca Hurley, Mykenya Johnson, Nicole Kouri, Lindsee Hook, Meaghan Bruner. Back Row: Kate Baumen, Brittany Fisher, Asst. Coach Bob Bagley, Coach Sharon Hanson, Coach Bob Hanson, Amanda Zust, Brooke Fisher.

Sophomore Girls Basketball

EHS	vs.	OPP.
34	Mason City	25
22	Urbandale	52
29	Fort Dodge	50
39	DM Roosevelt	38
50	Newton	38
47	DM Hoover	44
38	Ottumwa	49
36	Johnston	48
42	Indianola	28
71	DM North	15
29	WDM Valley	45
39	DM Lincoln	57
33	Waukee	43
48	Newton	43
20	DM Roosevelt	37
50	SE Polk	34
46	DM Hoover	47
48	Ames	54
89	DM North	17
29	Ottumwa	38



SOPHOMORE GIRLS BASKETBALL. Front Row: Samantha Waters, Kortney Stevens, Angie Baumeister, Lindsay Owens. Row 2: Lindsee Hook, LaTisha Streeper, Mgr Crystal Larson, Crystal Arroyo, Brittany Fisher. Back Row: Amanda Zust, Head Coach Bob Bagley, Meaghan Bruner, Jennifer Radley.

Freshman Girls Basketball

EHS	vs.	OPP.
12	Mason City	45
11	Urbandale	72
19	Ft. Dodge	48
18	Lincoln	52
27	Dowling	65
37	Johnston	32
17	Roosevelt	62
28	Newton	61
40	Hoover	42
23	Indianola	36
19	North	29
10	Valley	56
34	Lincoln	52
19	Waukee	44
37	Newton	60
32	Roosevelt	50
15	SE Polk	40
34	Hoover	44
35	North	38



FRESHMAN GIRLS BASKETBALL. Front Row: Tequila Bragg, Jennifer McDaniel, Kianna Colton, Chaney Crabb. Row 2: Kenesha Heard, Jennifer Davison, Kimberly Fleming, Andrea Green, Jelena Vojvodic, Allison Jensen. Back Row: Tiffany Daugharthy, Ashley Yingst, Coach Thana Heller, Cassie Stapes, Jerrica Amerison. Not Pictured: Coach Jamie Baas, Monica Mom, Mgr. DeMarcus Mitchell.

Layout: Kilgore Trout.



VARSITY BOYS BASKETBALL. Front Row: Greg Zubulake, Ricco Morrow, Josh Ziegler, Ashton Sauls, Pete Michelsen, DeMarco Turner. Row 2: Todd Claiborne, Mark Heman, Asst. Coach Brian Luft, Head Coach Andy Howard, Asst. Coach Brady Mallon, Tyler Luft, Troy Deaton. Back Row: Nick Eaton, Brendon Kerber, Sean Henry, Toby Zimmerman, Robert Black, Royce Phillips, Adam Spooner. Not Pictured: Jamie Fitzgerald.

Varsity Boys Basketball

EHS	vs.	OPP
71	Ft. Dodge	52
63	Lincoln	56
70	Roosevelt	73
94	Johnston	101
62	Hoover	71
34	Ottumwa	55
62	Indianola	70
82	North	53
48	WDM Valley	43
68	Lincoln	66
69	Newton	66
41	Roosevelt	76
47	SE Polk	63
58	Hoover	62
49	Ames	64
51	Ottumwa	64
56	Ankeny	68
76	North	51
63	Waukee	64
72	Mason City	76
47	Urbandale	73
	Districts	
66	Hoover	71



FRESHMAN BOYS BASKETBALL. Front Row: Emanuel VanDyke, Devin Cipperly, John Watson, Aaron Degoey, Deron Butts. Row 2: Shawn Williams, Amara Sama, Coach Chad Street, Coach Ed Jennings, Andy Weber, Ryan Brouwer. Back Row: Aaron Jordan, Shane Kellow, Jacob Zimmerman, Brandon Brown, Jacob Andrews, Chris Davis, Trent Smith. Not Pictured: Josh Myers, Shane Fryhoff.

Freshman Boys Basketball

EHS	vs.	OPP
52	Fort Dodge	50
54	Lincoln	56
60	Johnston	64
51	Roosevelt	94
63	Hoover	52
67	Indianola	44
55	North	36
51	Valley	53
72	Lincoln	62
55	Newton	33
66	Roosevelt	62
56	SE Polk	58(OT)
63	Hoover	64
66	Ankeny	50
77	North	45
63	Waukee	43
68	Mason City	52
64	Norwalk	43
58	Urbandale	54

Sophomore Boys Basketball

EHS	vs.	OPP
51	Ft. Dodge	41
63	Lincoln	56
70	Roosevelt	41
70	Johnston	72
69	Hoover	66
76	Ottumwa	53
64	Indianola	54
54	Nort	43
49	Valley	35
68	Lincoln	47
77	Newton	43
61	Roosevelt	53
76	SE Polk	56
77	Hoover	40
59	Ames	51
49	Ankeny	45
59	North	50
72	Waukee	43
57	Mason City	48
55	Urbandale	47

Girls Cross Country

SE Polk Invitational	10th
Urbandale Invitational	16th
Hoover Invitational	6th
Tom Karpan Invit.	9th
Ames Invitational	Inc.
Cardinal Invitational	12th
Waukee Invitational	3rd
City High Invitational	5th
Augustine Invitational	4th
Conference	*5th*
Districts	*8th*

Boys Cross Country

SE Polk Invitational	9th
Urbandale Invitational	12th
Hoover Invitational	7th
Tom Karpan Invit.	8th
Ames Invitational	9th
Cardinal Invitational	12th
Waukee Invitational	2nd
City High Invitational	4th
Augustine Invitational	4th
Conference	*4th*
Districts	*7th*



BOYS/GIRLS CROSS COUNTRY. Front Row: Roxana Ferreyro, Mikaela Atkins, Casey Dawson, Laura San Elias, Amy Flaherty, Thuy Huynh, Crystal Larson. Row 2: Austin Winterbottom, Katie Lown, Courtney Chaplin, Sierra Buck, Andrea Torres, Jake Atkins. Row 3: Zach Reese, Zach McLaughlin, Coach Mel Green Jr., Robert Bourdon, Asst. Coach Randy Barrick, Matt Donahue, Ian Beck. Back Row: Jeremiah Yassin, Nick Newcombe, William Powell, Chris Moore, Jameson Gerstenberger, David Lloyd, Evan Fousek, Nolan Walker. Not Pictured: Trevor Dickey, Tim Lottie, Mike Miller.

Boys Golf

EHS	vs.	OPP.
178	Johnston	157
165	Mason City/North	143/176
162	SE Polk	164
180	Roosevelt	144
178	Hover	153
184	Ottumwa	154
180	Boone/North	165/174
188	Lincoln	175
CIML Conf. 1st Half		*5th*
CIML Conf.2nd Half		*5th*
Districts		*12th*



BOYS GOLF. Front Row: Dan Bright, Greg Zubulake, Dan Nguyen, Ben Rokes, Dax Bell, Cody Nieland, Trevor Jones. Row 2: Tyler Gist, Michael McCourt, Tanner Robbins, Riley Headberg, Jeremy Miller, Todd Appleby, Joey Petersen, Michael Hickman. Back Row: Ryan Brouwer, Jesse Antelman, Phil Duncan, Coach Sy Forrester, George Kranovich, Paul Bright, Justin Denham, Pat Cooper.

Girls Golf

EHS	vs.	OPP.
232	Ankeny	168
243	Indianola	189
223	Johnston	188
15th	Valley Classic	
229	Lincoln	222
246	Roosevelt	186
10th	North Invit.	
252	Hoover	264
242	Ottumwa	189
272	North	287
Conference		*4th*
Districts		*5th*



GIRLS GOLF. Front Row: Lindley Warren, Brooke Brumley, Jacqueline Johnson, Casey Dawson, Rahni Janssen, Heidi Kaldenberg, Erin Johnson. Back Row: Chelsea Pickett, Andrea Grossman, Sharon Tonsi, Coach Lowell Long, Katherine Ring, Rebecca Pencook, Heather Alexander.

Layout: Kilgore/Trout.



WRESTLING. Front Row: Joe Mongar, Mike Delacca, Josh Douglas, Matt Solon, Taylor Miller, Ryan Henkle, Aaron Pray, Nick Sullivan, Shea Myers. Row 2: Alan Althaus, Rocky Phetdavieng, Robert Bourdon, Tyler Sowden, Derek Wennekamp, Matt Sowden, Mike Miller, Karl Althaus. Row 3: Jonny Pray, Tony Miller, Jeff Carstens, Asst. Coach James Giboo, Head Coach Larry Jackson, Asst. Coach Scott Rourke, Tyler McAninch, Aaron Davis, Dan Kern. Row 4: Eric Thavonekham, Steven Williams, Tyler Smith, Dan Fisher, Ducan Smith, Bojan Djukic, Bryant Reynolds, Elija Seymour, Tyler Boattenhamer. Back Row: Mgr. Nikki Robinson, Shanna Riley, Sarah Perkins.

Wrestling

EHS	vs	OPP
15	Ankeny	58
35	Johnston	34
10	Indianola	58
48	Roosevelt	24
52	Chariton	21
48	Norwalk	25
50	Ottumwa	17
34	Roosevelt	40
44	Benton	24
45	North/Hoover	33
21	Dowling	53
56	JV Allstars	12
45	North/Hoover	21

SEP Inv.	7th
Saydel Inv.	4th
Nevada Inv.	2nd
Roosevelt Dual	2nd
Conference	*3rd*
District	*6th*



BOYS SWIMMING. Front Row: Kyle Gowin, Mitch Avitt (Lincoln), Dan Kealy (Lincoln), Jamie Farrington (Norwalk). Row 2: Chris Piatt, Capt. Zack Stockton (Lincoln), Capt. Eric Crawford (Lincoln), Capt. Patrick Suggett, Capt. Luke Bolander, Chase Kemp. Back Row: Andrew Davis-Williams, Josh Eaton, Coach Erin Lowe, Tad Hoover, Asst. Coach Dustin Cassler, James Smith, Scott Sullivan. Not Pictured: Keenyn Orr, Brian Roby, Nick Anspach.



GIRLS SWIMMING. Front Row: Brinden Kelly, Rebecca Phillips, Jamie Bowen, Alicia Alvarez, Katie McCudden, Liz Denman, Jenne Reedholm, Julia Beyer. Row 2: Ashley Hughes, Laquana Watley, Breanna Fousek, Julia Phillips, Shannon Stewart, Kasey Barter, Kelsey Anderson, Alexandra Giddings, Alicia Dale. Row 3: Jessica Christie, Jessica Cantwell, Lacy Flaherty, Coach Eric Galvin, Coach Stan Thompson, Alia Winterbottom, Jessi Fenton, Megan McCallister. Back Row: Allison Griffiths, Katie Smith, Katelyn DeHaan, Meredith Breton, Angie Puffett, Sarah Strock, Anna McCourt, Lacey Chumbley.

Boys Swimming

EHS	vs	OPP
54	Ankeny	104
	Hoover Invit.	4th
73	Indianola	90
79	Hoover North	93
101	SEP	67
123	Newton	46
	SEP Invit.	3rd
39	Ottumwa	63
46	Roosevelt	58
58	Grinnell	36

Conference	*4th*
Districts	*4th*
State	*21st*

Girls Swimming

EHS	vs.	OPP
52	Ankeny	117
102	North	68
76	Grinnell	107
43	Indianola	127
79	Lincoln	91
96	Perry	72
49	Roosevelt	121
53	Hoover	117
74	Ottumwa	95
5th	Rain Invit.	
97	North	73

Conference	*5th*
Districts	*8th*



BOYS BOWLING. Front Row: David Minikis, Joe Smith, Dustin Slemp, Mike Fausett, Tanner Fisher, Josh Allison. Back Row: Coach Derek Lounsberry, Jon Long, Scott Vulgamott, Nate Harvey, Matt Smith, Coach Rick Scott. Not Pictured: Bill McClain, Carlos Patino.



GIRLS BOWLING. Front Row: Asst. Coach Ken Burgess, Row 2: Alex Giddings, Lindley Warren, Erin Johnson, Hiedi Kaldenberg, Megan Most. Back Row: Coach Rick Scott, Danielle McGinnis, Monica Sharpnack, Monica Stockbauer, Kaytie Ryan, Ashley Heaberlin, Ashley Jones, Coach Derek Lounsberry. Not Pictured: Danielle Cannon, Liz Sample.

Bowling

Boys' Season Averages		*Girls' Season Averages*	
David Minikis	196	Megan Most	168
Matt Smith	194	Kaytie Ryan	132
Mike Fausett	185	Ashley Heaberlin	128
Scott Vulgamott	185	Heidi Kaldenberg	123
Joe Smith	184	Erin Johnson	103
Nate Harvey	178	Lindley Warren	102
Jon Long	175	Ashley Jones	101
Dustin Slemp	161	Liz Sample	100
Josh Allison	157	Danielle Cannon	98
Phillip Duncan	146	Alex Giddings	91
Bill McClain	128	Monica Sharpnack	82
Carlos Patino	122	Monica Stockbauer	72
		Danille McGinnis	61

Life in the FAST LANE



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ACADEMICS

ON THE ROAD TO SUCCESS

As we take this never-ending journey
toward wisdom, we strive for excellence.
Old-fashioned ways die and high-tech ones
take their place. It'a a race to the future on
the information highway.
Life in the Fast Lane doesn't mean that, in
a rush, we leave anything behind, though.
Whether on or off the path
or facing detours,
Scarlets confidently carry the traditions of
the past safely packed away.
The road is clear and the EHS curriculum
has mapped our route to tomorrow.

Students IN Control

Story & Layout by: Casey Dawson

What kind of teacher would put a $35,000 dollar project in the hands of 22 high school students? The answer is the EHS publications adviser Ed Kelly.

"I think the only reason for him trusting us with a big project like this is because we act responsibly and know what is expected of us," said junior **Jamila Yakubu**.

While Kelly guides the staff by reminding them of deadlines and making sure that they stay on track, he gives the students control over all aspects of the yearbook such as the cover design and the theme.

"My favorite part of the yearbook is definitely the design," said senior **Jesse Antelman**. "It allows me to do whatever I want."

For some students the freedom and independence is what attracted them to the class in the first place.

"I enjoyed it because we got so much slack and were treated like adults," said senior **Gina Hughes**.

Even though the students have more freedom in this class, they agree that using their free time wisely to meet the deadlines can sometimes be difficult.

"I think the deadlines were hard to keep up with," said Antelman. "They flew by so fast, leaving you rushing to the last second."

Throughout the year, the staff had five deadlines to meet. At each deadline a layout was due, which included pictures and a story.

"Even though it got stressful," said junior **Thuy Huynh**, "the fact that we're doing this for our classmates was like our driving force."

This year also brought more work for the staff to do. For each of their deadlines, they not only had to have finished their layout, but also had to have sold a certain number of ads. The marketing and sales class did this task in past years.

"Sometimes it felt like it was just another thing for us to do," said Yakubu, "but it was good for us to get that experience."

Another first for this year was the gold embossed nameplates for yearbooks. They were sold for $5 and all of the money went to improvements and production for the yearbook.

"In addition to the fundraising, we also thought it would be nice for students to be able to personalize their yearbooks," said Kelly.

Despite all the extra work this year, the staff still enjoyed themselves.

"What I liked most," said senior **Thyta Inthavong**, "was having input into something that would be remembered for the rest of my life."







Senior Jesse Antelman, at left, copy edits a staff member's story while seniors Barbie Morris and Staci Owens, below, decide which pictures will look best in their spread. Careful attention to tasks like these help make the yearbook a success.





Junior Thuy Huynh, at far left, checks off the sports teams that she has photos for. That's her job as Sports Editor. At left, seniors Gina Hughes and Thyta Inthavong pore through old yearbooks the staff has acquired. The students used these and other organizational tools to get the job done right.



Breaking It Down

Cost to produce the yearbook: $35,000

Cost to buy the yearbook: $40

Cost of an embossed nameplate: $5

Keeping your high school memories forever: PRICELESS

Making THE News

Story & Layout by: Katie Lown

Junior **Anna Scarbrough** sits at her computer, typing furiously in an effort to meet the deadline for her latest story for the Scroll.

"Knowing how to type fast can be a very useful skill in beating deadlines," she says.

Most of the staff members agree the hardest part of being on the Scroll is the pressure of deadlines.

"It's hard when I have to write my own story, read and edit other people's stories and design my page," said Copy Editor **Tim Bolten**.

Scarbrough, a page editor, also felt stressed out at times.

"You are producing something that a lot of the east side is going to see, so you want the product to look like you know what you're doing," she said.

EHS students put out a new issue of the school newspaper about every three weeks, so meeting deadlines is important to keep the paper on schedule. Meeting those deadlines requires that students use skills they don't always have to use in their regular classes at East.

"Having patience and being able to get along with everyone on the staff is essential," said Opinion Editor **Amy Miller**. "If you can't work as a team than the whole project is shot."

However, the pressures of being a staff member come with big rewards.

"When you're on the Scroll you get lots of freedom and room for creativity. The students are really in charge, Mr. Kelly just advises us," said Managing Editor **Shannon Stewart**.

Staff member **Jeremy Miller** enjoys the freedom also.

"I like being able to design and create whatever I want without restrictions being put on it," he said.

"From an educational standpoint, the staff is really getting a lesson in leadership and that's hard to teach people. When kids control their own world, their own class, it's remarkable what they can do," said Publications Adviser **Ed Kelly**.

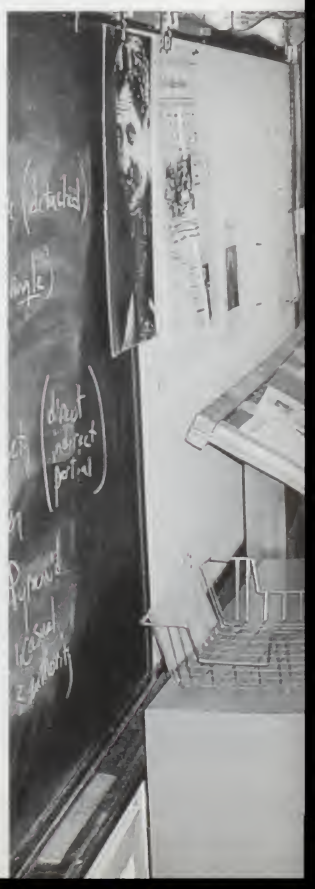
Although students are free to write what they want, they have to use their own discretion. All of the staff members are subject to the Iowa Student Press Law.

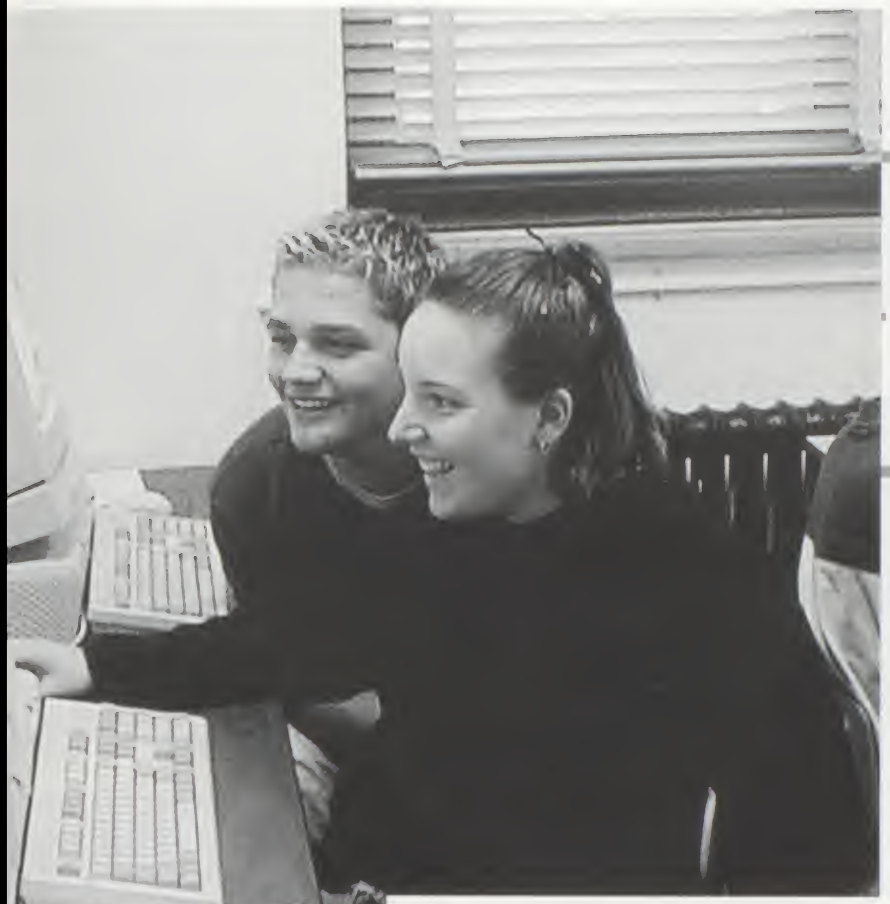
"Being on the Scroll is a big responsibility because if you report something wrong, you are not only in trouble with the school but you can be in trouble with the law, too," said Amy Miller. "But I love being able to give people an inside look, to let them know what's going on at East."

Scarbrough also feels privileged to be a part of the newspaper staff.

"Anyone can write a story, but only 15 people this year were able to write for the newspaper."







Juniors **Nikki Waldron** and **Brian Roby**, at left, exchange ideas about their page layouts. Working together is an essential skill for being on the Scroll staff. Below, junior **Nikki Odmundson** gives advice to junior **Amy Miller** on designing page 8 of the October issue.









Senior **Courtney Chaplin**, at left, checks out the latest versions of page layouts during production. Each staff member had a job to do, from editing stories to taking pictures. A new aspect this year was the creation of a website for the Scroll.

Journalism I students, above, package the latest school paper for delivery to EHS alumni and subscribers across the country. The J1 classes help deliver the papers to classrooms at East every 3 weeks, as well.

Drawing Up A Storm

Story & Layout by: Jamila Yakubu

The construction of the school this year affected many classes and teachers. The graphic tech class was one of them. Located in the north wing in past years, the department had to move to the old autobody room located in the gym area.

"We had a lot of work over the summer. We moved everything from the old room, and in addition, we had to build some things that the room needed," said instructor **Tom Cole**.

Cole, along with the help of his students, built numerous machines including a darkroom and a 4- color press.

"Building all the equipment we needed took a lot of time but it was worth it. We got a lot of work done over the year," said junior **Martin Duron**.

Graphic tech is a two-course class. In Graphics I, students are taught the fundamentals of design, safety rules, and how the machines work and how to operate them.

"I learned the basics and got to meet new people and make new friends because there were so many different personalities," said junior **Michael Brinson**.

Graphics II allows students to be more hands-on and participate more in the commercial print shop. They also have the option to go to Central Campus for continued training in graphics.

"The program at Central is wonderful. It's a lot bigger than ours and they can get access to more equipment," said Cole.

The class also teaches the students pre-press art, which consists of the design steps carried out before printing. Students draw their designs manually and by computer. In previous years, the students also printed the school newspaper, but due to the move, they were no longer able to continue.

"Learning how to draw our designs by hand was very important because if you can't sketch it by hand and get an idea of how you want it to look, then it's really difficult to do it on the computer," said senior **Kevin Senephansiri**.

Participating in the graphics program paves the way to possibly continue on in the industry.

"If you decide to continue on in graphics and make it a career, this class is really helpful. It helps you decide whether machine operation or design is better suited to you," said senior **Chuck McAninch**.





Teacher **Tom Cole**, along with junior **Craig Whitney**, put the finishing touches on the darkroom. Building the darkroom was one of many projects the class had to accomplish before beginning actual graphic design.



Paying attention to the details, senior **Chuch McAninch** draws out his design on the backlit table. Design is one of the most important components of graphic tech. Below, juniors **Martin Duron** and **Michael Brinson** work on the 4-color press. Each screen on the machine sprays one color.





Class Favorites...

"My favorite part of the class was looking up images on the computer."

-Senior Kevin Senephansiri

"Picking designs and making t-shirts from those designs was my favorite part of the class."

-Junior Craig Whitney

"Learning how to use the machines was fun!"

-Junior Michael Brinson



Juniors **Kevin Senephansiri** and **Adam Scarlett** surf the net looking for creative designs. After picking their designs, students draw them out by hand.

Graphic Tech

Masters of Disguise

Story & Layout by: Thyta Inthavong

place where students can find who they are, a place where they put all their worries away, a place where they can use their imagination, a place to call their own. Do you know where that is?... Art class.

"Whenever I am free I always find myself drawing," said senior **Michael Her**. "When I draw I look at things on a whole different level."

According to art teacher **Shirley Gooch**, it's important for her students to learn to appreciate art so they can carry it throughout their lives.

"I draw often and I draw whatever comes to mind, said senior **Steve Noble**. "I've been drawing since I was 5 and I am probably going to draw for the rest of my life."

Art class is not just a class where students draw to turn it in for a grade. They also have a chance to show their artwork off at conventions.

"I know of the upperclassmen that go to the exhibits and they say it's cool," said freshman **Max Cavan**. "When I get to the more advanced classes, I want to go and show off my work, too."

Conventions consist of different workshops that students can attend. Students go to the workshops to learn different kinds of art and the many techniques used.

"Drawing isn't easy," said senior **Kristen Robinson**. "I enjoy going to the exhibits and seeing what other people have drawn and you can tell that they took a lot of time on them."

One of the conventions was the "Chrysalis 9" at Simpson College where select students participated in hands-on workshops, a lunch buffet, and an awards ceremony.

"I've gone to a lot of other exhibits and this one was fun, especially the buffet!" said Her.

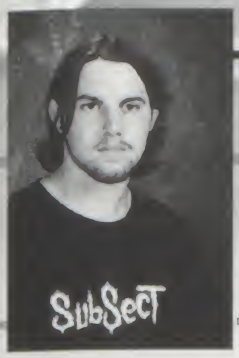
At the awards ceremony, junior **Wesley Lammey** was awarded first place in Printmaking for his Inaglio Etching and junior **Michael Brinson** was awarded Honorable Mention in Printmaking for a linoleum block print called "By the Sea."

"I was surprised that I won because I didn't think I was going to," said Lammey. "I drew a picture of a band playing a guitar."

Brinson said that he was excited to win. "It was the first time I ever won something that I drew because I never win, and that was a highlight to me."











Left, junior Wesley Lammey and his picture of a band. Lammey won 1st place at the Simpson convention for Inaglio Etching and junior Michael Brinson got honorable mention for the picture that he drew of his ex-girlfriend in lincleum block print, shown right.



ith the joy of drawing, the found time from her busy schedule to jump at the chance for a picture.

Art Club:

where an artist can be an artist



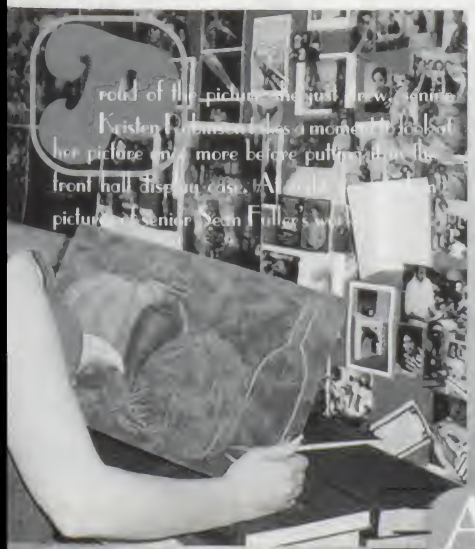
Adviser: Jerry Goodrich

Matt Norton Abby Grover Brandon Daugherty

Rachel Alexander *Starring:* Alison Brooks

Erin Johnson Lindley Warren Cody Spurgen





rolls of the picture. She just [illegible] Kristen [illegible] takes a moment to look at her picture one more before putting it in the front hall display case. Also [illegible] picture of senior Sean Fuller's work.







Art

On THEIR Own

Story & Layout by: Katie Lown



t's not every class period that students get to spend time teaching preschoolers how to make a craft project, but in some of the Family and Consumer Science classes it can be a common occurrence.

In Child Development, students spent time learning about the different developmental and learning stages that children go through, from the mother's pregnancy to preschool age. They got to plan learning activities for children in the community that came to class to visit. Students also learned about the health and safety of children, and the decision to parent.

"Many of the students decided to take the class because they enjoy children and wanted to learn more about them," said Family and Consumer Science (FACS) teacher **DeAnn Hebert**. "A lot of them have younger siblings or nieces or nephews that they help take care of."

Freshman **Sharmaine Lee** took the class because she thought it would be useful in her intended profession, a nurse practitioner.

"I thought it would be a good class to take for what I want to do for a career," she said. "Plus, it's a class that doesn't have a lot of book work, which is nice."

Child Development isn't the only FACS class that allows Scarlets to play with children in class. In Parenting classes, students made "flour babies" and prepared activities for the children that go to the day care across the street from EHS. Advice is given on how to answer tough questions that kids ask such as "Why did Grandpa die?" a skill that many adults with they would have learned when they were in high school.

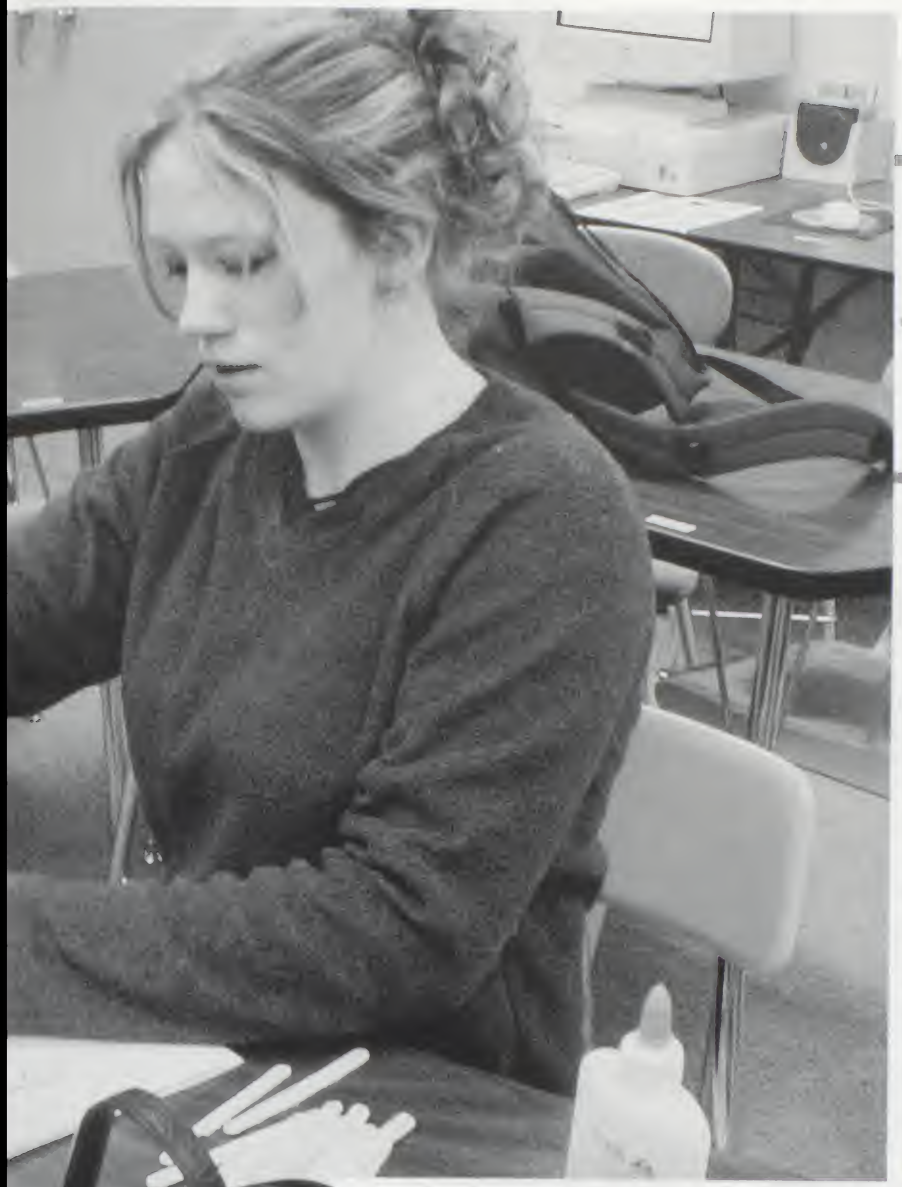
"Wherever a student is going in their future, FACS classes can help along the way to adulthood," said FACS teacher **Donna Adams**.

Other classes such as Adult Living and Personal Development and Health teach valuable lessons in how to be a responsible adult. Students were able to learn how to make and live on a set budget, and how to make wise choices about themselves and the future.

The Relationships class taught its students about everyday relationships and how to improve them. In addition, they did role-playing about fair and unfair fighting.

"I like that we did a lot of hands-on projects, and the teacher really made what she taught in class relate to what's going on in our lives today," said junior **Melva Hanke**. "We learned about what relationships are supposed to be like and how to improve them."



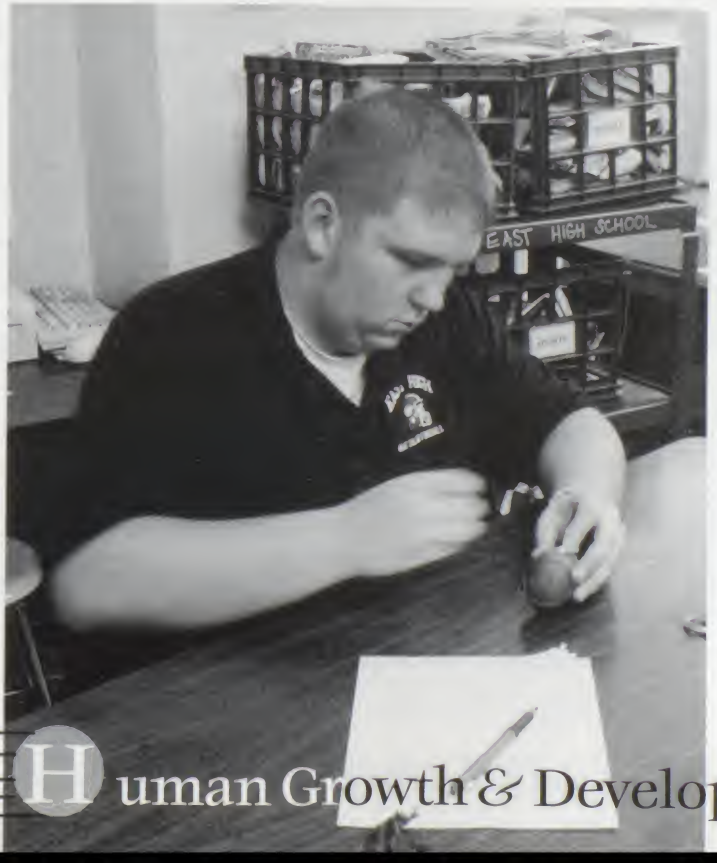












Junior **Kevin Senephansiri**, at top above, holds a two-month-old baby during a visit from children in the community. Above, the infant parent panel in Parenting class talks to students about raising children. At top left, junior **Jolene Short** carefully traces the stencil for a craft project her class prepared for young children.

Working alongside her flour baby, at far left, senior **Stephanie Chia** concentrates on her notecards. At left, sophomore **Nate Harvey** decorates his potato baby in Child Development class.

Human Growth & Development

Taking IT Home



Story & Layout by: Amanda Khodai

here are classes that students take and might think to themselves, "I'm never going to use this after high school." But fashion, foods, and sewing classes are not among those.

"I liked taking the foods class because I don't know how to cook very well. Taking the class gave me a chance to get better at cooking," said junior **Erica Latcham.**

Two classes offered are food and nutrition and food consumer science. Both deal with safety and sanitation. Food and nutrition covers quick breads, has an egg unit, basic equipment, reading recipes, vocabulary, measurements, nutrition, grains, and labs for every unit.

Food and consumer covers yeast breads, garnishes, pies, pastries, cakes, meats, knife skills, sanitation, and safety. Taking these two classes can link students to occupational jobs. There is an occupational foods class at Central Campus.

Junior **Jenna Dunkin** said, "Learning about the knife skills was cool because I made a flower out of a carrot."

"My favorite thing we've cooked would have to be homemade pizza when we had our free day to make whatever we wanted," said junior **DeMarcus Gines**.

The two classes also teach students a lot about basic cooking, such as how to use a cutting board without it moving around. If a student has a question that foods teacher **Kathy Crum** can't answer, then she can talk with other local chefs and get back with the student for the answer. Crum is a board member of the Local Chefs Association and has been a member for ten years.

It is recommended that students take food and nutrition before food and consumer science, to get familiarized with the vocabulary that might be used during class.

"If a student wants to come learn, then I'll teach them," said Crum.

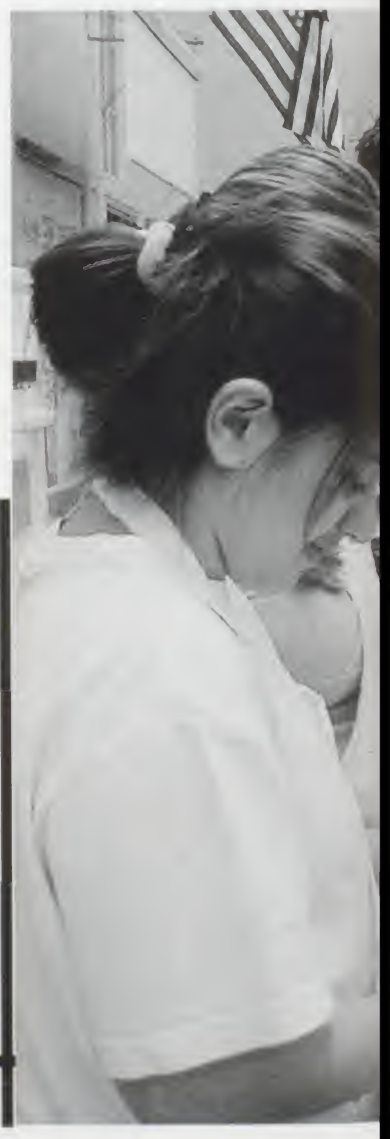
Sewing is a hands-on creative class. The basic skills that are taught are how to thread a machine, make boxer shorts, pajamas, tops, and quilts. Students are able to use different types of machines such as an embroidery machine and sergers. The serger cuts the fabric and finishes the seam all at once. The students enjoy using the embroidery machine to put their names on different things they make.

Senior **Chelsea Petersen** said, "I like making things and sewing was an option and it's really fun."

"This is my first year sewing and I enjoy it and I plan to take Sewing II," said sophomore **Kayla Dudley.**

Fashion is also a hands-on class. Students study the current trends, elements and principles, terms, fabric and text, consumer quality, designers, and the history of fashion. There is not any sewing that takes place in the class, instead students draw clothes and come up with different designs. Students also decide what styles look best on different body types. There is also a spring fashion show that the class puts on every year.

Sewing and a fashion teacher **Deann Herbert** said, "My favorite chapters to teach in fashions would be the current trends and elements and principles of fashion.





Pinning a blanket, junior **Chasta Heim-Parker** finishes her project for Sewing I. Students also make quilts, pajamas, and boxer shorts during the fall semester.



Sewing carefully, senior **Seara Gering** arranges the fabric on the sewing machine in class. The students were taught how to sew both by machine and by hand.





Preparing a chicken pot pie, sophomore **Brandon Andrews** works on one of the labs that foods class does to help prepare students for life (above). Senior **Annamarie Filippelli** and junior **Megan Barteoson** make the crust for an apple pie project in another lab (at left).

Practical Life Skills

On THE Job



by Adam Crane

The '03-'04 school year has been a year of change for the auto and metals department. Last year, with the loss of auto-body teacher **Russell Junck,** the auto-body class was eliminated. However, a grant to the school provided the funding to start a "power" class and allowed the metals department to purchase several new machines.

"I like the shop classes, like metals, because I get to use my hands to make something I can see and hold onto," said junior **Raymond Rodgers**.

With Junck gone, metals teacher **Jeff Jansen** has taken-over the metals classes along with the new "power" class.

"The new class involves working on things like lawn-mowers and snow-blowers but will also focus on alternative power like solar and wind power," said Jansen.

"Since students will be learning the mechanics of engines, we thought it would be fun to enter a fuel efficiency race. Each vehicle gets one ounce of gasoline to get around a track as many times as possible," said Jansen.

"The new class is more relevant to me because I'd like to be a pit crew member which doesn't involve much auto-body work," said sophomore **Robby Coffman**.

This year every high school's metal department received the government Perkins grant, money provided to technical education programs by the Carl Perkins Vocational and Technical-Education Act of 1998. The size of the grant varies by the size of the metals department, so East got slightly more money than other Des Moines schools.

The grant allowed the metals department to purchase several new machines including a Computer Aided Machining (CAM), plasma cutter, CAM lathe, digital drill press, bender, ring-former, and CNC mill.

The plasma cutter uses compressed air and electricity to cut metal and can be used to cut out anything from gears and sprockets to decorative pieces. This year's classes made weather vanes with the plasma cutter.

"I like the plasma cutter because before we had the computer plasma cutter, it all had to be done by hand and always came out crooked," said junior **Jennifer Berst.**

According to Jansen, these machines make things like the fuel efficiency race cart possible.

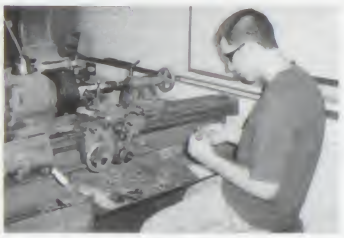
Next year many classes will be moving to the new addition to EHS but the auto and metals classes will remain in the rooms they are in.





Senior **Daniel Murphy** brazes his cube project. To be completed, the cube had to float without water leaking into the cube. Below, sophomore **Bryan Berst** works at the manual lathe. This particular lathe project was completed in just under six days, or about five hours.

Old -vs- New



THE MANUAL LATHE project for Metals II students is done in aluminum. A manual lathe requires constant attention the project takes 5-6 days totaling about 6 hours.



THE SAME PROJECT on the CNC (computerized) lathe takes about two to three minutes and requires no attention from the student.



Junior **Andrew VanGundy**, above, uses the dry cut-off saw to cut piping for the MetalsII cylinder welding project. Junior **Daniel Bernardino**, left, arc welds the 3" diameter tubing used in the cylinder project. The students gained skills in using both the arc and MIG welder last semester.



Power student **Rex Staley** replaces a lawn-mower piston in the demonstration engine. The demo engine was never started, only dismantled and re-assembled by students to get an inside look at all of the working parts.

Auto/Metal

Making THE CUT

Story & Layout by: Katelin Eaton

oods and drafting. Those two words don't seem like they would go together, but with growing technology, each is equally involved with new techniques.

These two classes are introductory courses. They give students just a small sample of things they can learn if they decide to advance into drafting, woods, or metals. The classes are offered 1st and 6th hour.

"During the semester, the drafting and woods classes switch at eight weeks," said drafting teacher **Marty Mohler, Sr**. "It give the students a sense for both drafting and woods."

With drafting, students are able to use their computer skills to create designs of their choice. After computerizing their image, students are able to print them out and place them on their projects.

For instance, the woods class made wooden boxes, and then made a design to place on the boxes they had created.

"I had a lot of fun combining my skills that I had learned in drafting and then used them in woods when making my box," said sophomore **John Wells**.

Advancements in technology have completely changed and enhanced the computer technology that is used in industrial arts classes and students are allowed the chance to be more creative than they have ever been.

Some of the new machines that the classes have received are: a laser burner, which allows the students to program onto projects. Adobe PhotoShop software allows more creative designs.

The technology advances make work easier and more fun.

"It give the students more opportunities to express themselves in their work," said Mohler.

Most students are pleased with the new technology.

"The machines we have now definitely make it easier to complete a project. It also adds some great effects," said sophomore **Royce Phillips**.







Doing a little construction work, freshman Riley Hedburg is making his first practice cut in class. The students built jewelry boxes for one of their projects.



Going through some of the wood that will be used for their projects, the wood helps students learn to move the materials so nothing goes to waste.



Taking the time to perfect his project, freshman Derek Hale adds the finishing touches to his box. Each student was to create a jewelry box in eight weeks.







Woods/Drafting

The REAL World

Story & Layout by: Erica Sholley

The business department has a wide variety of classes students can take to prepare for the real world. These classes are filled with information on five different computer software programs: Access, Word, Excel, PowerPoint, and Front Page.

Each of the five different programs teach students new and different things. Word is the beginning stage. As students work their way up, they learn how to make memos, charts, graphs, and even their own web site.

"Taking the business and computer classes has really helped, I've learned a lot and it has been fun along the way," said senior **Marcy Duntz.**

Some of the classes help students get college credits.

"I didn't know you could get DMACC credits by taking Word Processing. I'm glad I signed up for the class. It'll help me in the long run," said junior **Elma Mujakovic.**

The credits earned in these classes are transferred to DMACC and then later transferred to most colleges.

"I like having these opportunity here at East. More students want to take the classes," said business teacher **Mary Jane Kaldenberg**.

Since these are college courses, they are graded more strictly than most classes.

"The only thing I don't like about the class is, you could spell one word wrong and your grade would be docked a whole letter grade," said Mujakovic.

Nancy Hansen, the former marketing sales teacher, retired last spring. That class sold and designed the ads that go in the back of The Quill. The ads are sold to help pay for all the extras put in the yearbook, such as color.

"We like adding all the extras in. Color makes it more fun and exciting to look at. It adds pizzaz," said senior **Amber Zenor.**

The Quill staff took on the responsibility of selling and designing the ads.

"There isn't a sales class anymore, so the yearbook staff has to do all the things they did on top of producing the rest of the yearbook," said junior **Tiffany Smith.** "It gets difficult and my schedule gets a little hectic, but it is all well worth it in the end."





Senior **Heather Hill**, at rear, works out of the book on an assignment. "I'm glad I took computer classes. I now have a head start on my college transcript."



Students in Mary Jane Kaldenburg's Office Education class prepare memos, letters, and many other documents. Then they go on to compete at the state level against other business students and try to get a bid to nationals.

DMACC Credits

Class	Credit
MULTI-MEDIA	1
COMPUTER APPLICATIONS	3
MARKETING SALES	3
OFFICE EDUCATION	1-4
DESKTOP PUBLISHING	3
WORD PROCESSING	3

In order to receive DMACC credits, students must take these classes their junior or senior year

Freshman Ryan Brouwer



"I didn't know about getting DMACC credits so I'll probably start taking some computer classes."



Sophomore Todd Appleby

"I'm glad I have the opportunity to get credits. It's a great start."



Junior Elma Mujakovic

"The class is pretty easy and you get college credits, so I figured, why not?"





Senior Megan Smith

"I wish I would have known that you can get DMACC credits sooner. I'm a senior this year so I'm too late."

Reality Check

10 % of students drop out of high school and don't even make it to college.

According to Harlow Unger, author of *But What If I Don't Want to Go to College*, 50% of all kids who go to college drop out.

More woman succeed at going to college than men.

Starting in 1970 there was a trend in mathematics and science that was characterized by a decline. These two subjects are two of the more important things needed to be successful in college.

There are over 50 million jobs out there that don't require a bachelor's degree and pay upwards of $40,000 or more a year.

The Bureau of Labor Statistics' kid-friendly *Jobs for Kids Who Like...* is a good place for kids to search for jobs.



VS.



What are you doing after high school?



"I want to take some time off and go on a cross country trip. Then hopefully, go to college on an art scholarship."

-Sophomore Randy L. Smith



"I'm going to wait a year before I go to DMACC to study photography. After two years at DMACC, I want to transfer to ISU to study more photography."

-Senior Carrie Chapman



"Hopefully, I'm going to a four year college. I'll think of what I want to do when I graduate, but I kind of want to continue playing basketball."

-Junior Adam Spooner



"I'm going to DMACC to study so that I can become a Veterinarian Assistant. I'll have to study really hard for two years."

-Junior Kelsey Boattenhamer

DID YOU KNOW?...About 70.5% of 9th grade students go on to graduate after high school.

what's your Career Choice?



STORY & LAYOUT BY TIFFANY SMITH

Have you ever sat down and thought about what you're going to do after college? Are you considering going to college or are you just going to jump right into a job? Maybe you're going to take time off from work and school to have time to decide.

When thinking of college, do you know all of the little details that are included in going?...book fees, staying at home vs. on campus, tuition, late night studying.

What about not going to college? Without a college degree there's a chance that you won't make as much money and there will be fewer jobs to choose from.

Here are some helpful facts and statistics to help you decide what it is that you'd like to do...

WHY ARE YOU GOING TO COLLEGE?

Your parents expect you to go	50%
To learn more	30%
To earn more money	12%
To party	8%

www.graduationrates.com

Do high school students receive the skills and education required for holding a full-time job?

60.9 % yes

31 % no

12.7 % don't know

www.graduationrates.com

IHSSA

WORKING UP THEIR WAY

Story and Layout By: Carrie Chapman

Have you ever heard of Iowa High School Speech Association (IHSSA)? It's a group of high school students who focus on speech and debate. It's not a class, it's an extracurricular group, and this was the first year for East to participate in something that many schools all over the US have been a part of for years.

They don't get credits, grades, or paid to be in it, so why do it? How about the sheer enjoyment.

"I feel I have benefited from IHSSA because it gives me a place to channel all of my argumentative energy," said sophomore **Spencer Shaw**.

Students can sign up for IHSSA in December when the program begins. There are four groups: large group, group improvisations, debate and individual events. For the large group and group improvisation, students have to participate in the auditions. The sponsor for IHSSA, **Jennifer Medina**, chooses who goes to what group and what part they are assigned.

"Most students try to do their best even if they don't get in, but everyone who tries out usually gets in," said sophomore **Randy Chanthavong**.

IHSSA practices every day and the debate group practices on Tuesdays and Thursdays. They spend most of their time researching a topic, and debate each other over it. Then they work on that topic until the next competition.

There are 4 major competitions a year, including districts, which was held at North on February 28. This was the first year that 3 of the 4 groups placed and went to the state competition on March 13. The teams that won at state went to All-State on March 27. Anyone who won All-State got to go to Salt Lake City for the national tournament held in June.

"It's a lot harder for the students this year because it's a one time tournament and every group that is in the entire state was there," said Medina.

A few winners in the large group were sophomores **Ashley Baccam**, **Melinda Lansing**, **Randy Chanthavong**, **Cody Haltom**, **Sunny Bounyalath,** and senior **Jennifer Palmer**. Debaters were sophomore **Ben Bortz**, seniors **Jennifer Palmer**, and **Kenny Fleming**. The quarter-finalists were sophomore **Spencer Shaw** and senior **Josh Young.**

"Being in IHSSA gives me a sense of achievement," said Chanthavong. "It makes me feel like I know I've done something. Whoever else decides to do it will feel good because they've done something they can be proud of."

"I've really enjoyed all of my experiences in this program," said Shaw. "How can you not enjoy getting to yell at people all you want and not get in trouble for it?"





Below, sophomores **Cody Haltom, Ashley Baccam, Randy Chanthavong, Melinda Lansing,** and senior **Evan Fousek** discuss their project for their next competition. At left, they show off their uniqueness in a last minute picture before the competition.



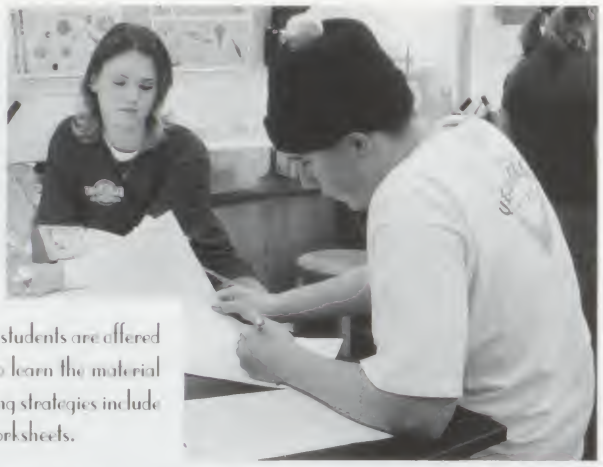




Students from the IHSSA team that won at the state tournament practice an improvisation skit for the next competition, left. Above left, sophomore Sunny Bounyalath, senior Jennifer Palmer, and sophomore Randy Chanthavong take a quick break from practicing.



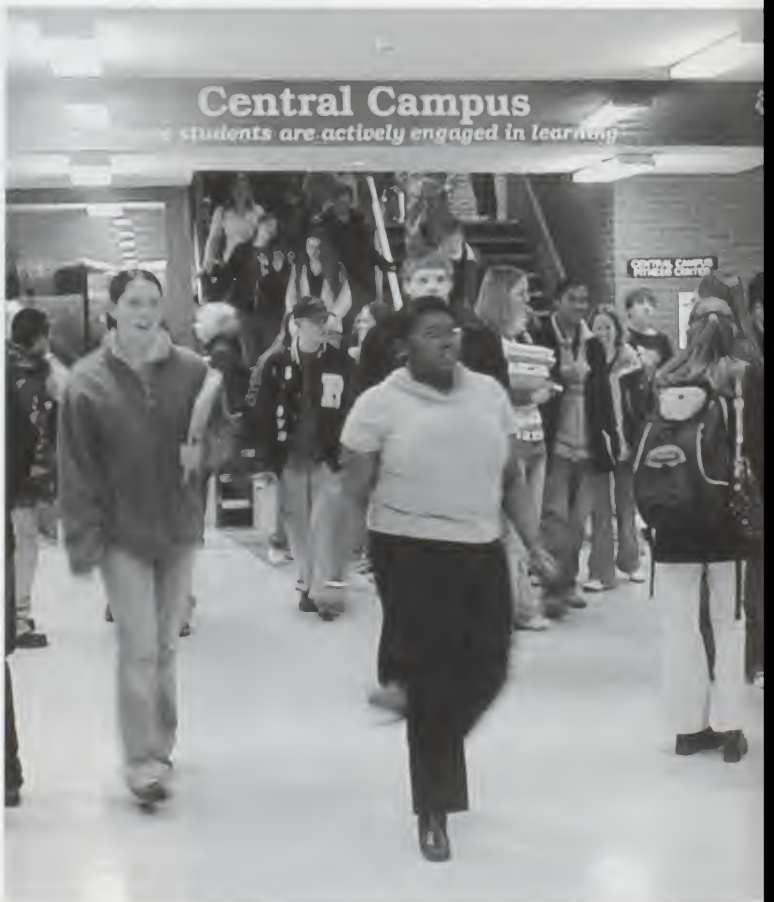
Taking notes on a science lab, at right, a Central Academy student works hard to keep his grades up. The Academy is more advanced than standard classes and gives students greater challenges.



Studying with their peers, at right, students are offered a different, yet productive, way to learn the material presented in a class. Other learning strategies include showing videos, class discussions and worksheets.



Testing chemicals in a tube, above, is just one of the ways Central students get involved in interactive lab science classes. The science department at Central encourages students to go above the normal learning level in a high school setting.



Expanding THEIR Horizons

Story & Layout by: Megan Smith

Central Campus... Central Academy... it's all the same, right? Wrong. The common misconception that the two Centrals are the same sprouts from lack of knowledge, but the counseling office provides answers, everything from a pamphlet on every class you can take at the campus, to a printout of information about the Academy.

"I didn't know Central Campus even existed until I went to fill out my schedule for my sophomore year," said senior **Trevor Dickey**. "It's really cool that we have opportunities beyond East High."

Central Campus provides a wide variety of classes ranging from drafting, to aviation, to Japanese. These classes are taken to prepare students for the career they are going into. Some, however, take them out of curiosity.

"I'm looking forward to being an architect," said Dickey. "The drafting class I'm taking at Central has really taught me a lot about my career."

Getting to and from the campus poses a problem for many students. Although the school provides a parking space, some still choose to car pool or take the bus.

"The parking provided at Central is sort of far from the building," said senior **Nick Anspach**. "That's why I usually just find a ride with someone else or take the bus."

Central Academy, located in the same building as Central Campus, provides different classes for more advanced students.

"The challenges that the Academy gives me are great," said senior **Mike McCourt**. "I also get to meet a lot of people from different schools."

Students attending the Academy are encouraged to take the A.P. exam in May in order to take more advanced classes in college, but are not required to. A good grade on the exam could place a student in a higher placement class in college.

"I took it out of curiosity," said McCourt. "I thought It'd be interesting to see what I would score on it."

Both schools provide a place for students to experience things that would not be available at their regular school.

"Being able to leave the school and experience something different was really nice," said Anspach.



Hurrying down the hallway to their next class, these students rush to class at Central Campus or the Academy. The Academy is for those students who want or need to take more advanced classes; the Campus is for students who want to take classes that are not offered at their regular schools.

Central Campus/ Academy

Avoiding Disaster

Do you get nervous when you have to speak in front of a croud of people? If this sounds like you, these tips will come in handy...

1) *Know the room*. This will help you to feel more comfortable in the environment that you'll be speaking in.

2) *Know the audience*. Greet people before you start to talk. It's easier to talk to friends than strangers.

3) *Know the material*. If you're not familiar with the material then your nervousness will increase.

4) *Visualize yourself speaking*. Picture yourself speaking loudly and confidently. If you visualize yourself being successful, you will be.

5) *Realize people want you to succeed*. Know that the audience wants to hear an interesting. stimulating, informative speech. They want you to be successful.

6) *Gain experience*. When you gain experience, it builds confidence. This is the key to effective speaking. Most anxieties decrease after every speech you give.





Students from Linda Sa[illegible]'s AP English class act out a scene from the Greek tragedy, Oedipus. Prior to acting out the scene, students had to read about the tragedy, then were assigned parts to act out [illegible] class performance.



More THAN words



Taking a break from reading, juniors Ceasar Contreras and Ashton Sauls finish their bugs in DianeSteggerda's junior class. The bugs were made to help symbolize literature and life.



Celebrating William Shakespeare's birthday, teachers annually hand out cake in the front hall. Students have to recite lines from the any work by Shakespeare in order to get a piece of scrumpdelicious cake.

junior **Kerry Tyler** strolls down the hall and heads for her English class. She is filled with anticipation as she wonders what exciting lesson plan her teacher has in store for the class each day.

"I really enjoy English because my teacher makes everything so fun and it's easy for me," said Tyler.

The English department does numerous things to keep students like Tyler involved in "English Literacy." Celebrating William Shakespeare's birthday was one way of getting students involved.

"Every year on April 23, teachers sit in the front hallway and give cake to anyone who can recite lines from the play Romeo & Juliet," said junior **Erica Sholley**.

Teachers have other techniques to keep students alert and involved in English class.

"I try to laugh at least once every period to keep everyone in a good mood," said teacher **Nancy Holmes**.

"I like being in Ms. Holmes' class because she makes things fun," said sophomore **Lindsey Owens**, "and it's easy."

English teacher **Diane Steggerda** had her students make butterflies and bugs to help symbolize literature and life.

"Making the bugs was fun," said Sholley. "It gave us a break from other things like reading."

Some teachers, like **Linda Saddoris**, take their students outside to observe nature. Most students enjoyed the time to sketch plants and animals, while others were opposed to the idea.

"I didn't like doing the sketches. It's an English class. I didn't sign up for art because I couldn't draw," said junior **Clista Hazelwood**.

Although some teachers try to keep most things fun for their students, there are still some basic, daily routines. Reading was first on the list whether kids liked it or not.

And sophomore **Ashley Logan** thinks English is boring because they have to read all of the time.

"I don't like reading," said sophomore **Andrew Alexander**. "I can't stay awake for more than 20 seconds."

"The best part of my job is when a student comes in hating English and I am able to change their feelings towards the class," said Holmes.

"I guess some things in English are fun, as long as it's not reading," said Alexander.

Story & Layout by: Tiffany Smith

English/Speech

In THE Lines

Story & Layout by: Alicia Bowman

How do you express yourself? Do you express it through anger, love, jokes or some other way? Do you know what your strongest qualities are? Well, most of the students taking a drama class have good answers to all of those questions.

"I express myself through singing and acting. They are just two of the arts that I love to do. I've always been interested in acting and being on stage. Being on stage is an indescribable feeling. Having fun while I am on stage and getting a grade isn't always a bad thing, either," said senior **Charlie Reese**.

There are many different acting classes to take advantage of at East. Drama I covers mainly the basics of acting.

"When I decided to take drama, I didn't think I would keep acting throughout my whole high school career," said junior **Nicole Garrison**. "But I've always loved to act and being on stage so I just stuck with it. I didn't know I would like the class and the people so much."

Drama classes II-IV study together in the same class period and are more advanced. This class also offers a mime group and a role in two plays throughout the year. This year the play "The Story of Jack Trice: I Will" was performed November 21-22.

"I liked doing the play a lot. The cousin of Jack Trice came to see the play and he said that he was really proud of us and thought his whole family would have loved the play. It was a lot of fun, I wouldn't have changed anything about it," said Garrison.

Another more advanced class is Theater Arts. This class requires at least one year of regular drama and a recommendation to move up by drama teacher **Ruth Anne Gaines**.

"Usually the students coming into Theater Arts are really good actors and I know what they can and can't do," said Gaines.

Students find that acting is a great way to express their feelings. It is even a great way to meet new people.

"I've met a lot of people in the drama classes I've been in and I've liked almost all of them. I also found we all have some things in common, we all love to act," said Reese. "These people will probably be my friends for a long time after high school."

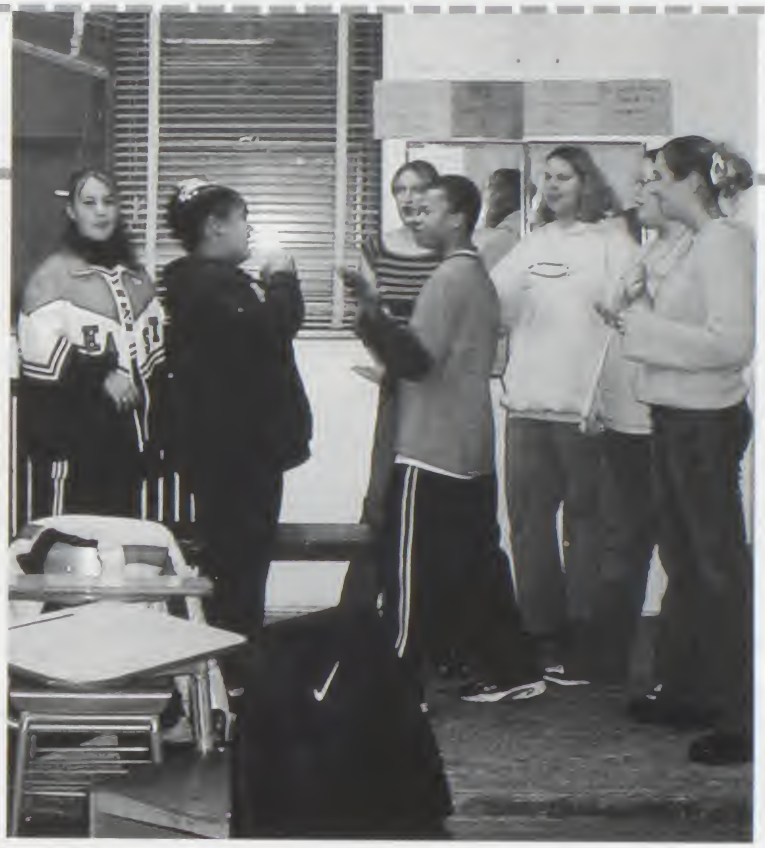




Rehearsing a scene, these two students work hard to get it right. Drama students worked for months to get every scene the way they wanted it.



At left, a group of drama students pose for a quick picture with their exchange students from Boone. The Boone students went to every class throughout the day with their hosts on a December visit. Below, a small group acts out a scene from one of their plays. They practiced in the drama classroom until they felt they were ready to take it to the auditorium.









Working hard on a dramatic scene, at left, seniors **Jonathan Guy** and **Samantha Winebrenner** try to get ready for a big show. Together drama classes put on about five shows a year.

Trying to memorize her lines, at bottom left, junior **Jelena Raus** asks her friends to help. Students were allowed to work together as long as the noise didn't get out of control!

Drama

Kicking aff AND TAKING Negs



Story & Layout by: Jamila Yakubu

eople have arguments every day, but students like sophomore **Randy Chanthavong** actually practice ways to argue… in debate. Chanthavong, along with 35 other students, is a member of the school debate team.

"We study techniques on how to argue persuasively and also how to defend against what people say," said Chanthavong.

Each year, the team participates in several different events such as the Lincoln Douglas (LD) and Congress debates. In the LD, students debate individually and focus on philosophy and values. The topics for these debates are changed continously every two months. The National Forensics League, which oversees all the debate teams in the nation, chooses the topics and then sends them to all the schools.

"It's good that the topics are changed because students that join late in the year can still get involved in the team and not be behind," said Coach **Jennifer Medina**.

This year the team also participated in public forum debates, which dealt with the pros and cons of a topic. One side wrote the pros and the other wrote cons. The topics for this debate were changed every month.

"**Josh Young** and **Spencer Shaw** did a wonderful job at State. They came in 5th for public forum," said Medina.

The team also had many more students this time around, three times more participating than in previous years.

"Having a large team allowed us to be more competitive and visible to the larger teams like Dowling and Ankeny, and it allowed us to debate better," said senior **Josh Young**.

The team continuously works hard at their practices to continue to get better.

"We practice after school every Tuesday and Thursday from 3-5 and these kids put all they've got into it. They just work so hard and are so dedicated. I am just so proud of them," said Medina.





Say cheese! Coach Kuhn, sophomores **Spencer Shaw**, **Bryant Reynolds**, and senior **Josh Young** smile for the camera while doing research on a topic. Team members had to research their subjects extensively before actually debating.



Sophomores **Marguerite Moore** and **Brian Lampkin** discuss how to argue their topic persuasively with Coach Kuhn. Students that participate in "Lincoln Douglas," debate individually. Below, Coach **Carl Kuhn** and sophomore **Ashley Baccam** brainstorm ideas during practice. The topics for the debates are changed every 1-2 months.



Team members give a thumbs-up after finishing a debate. There were three times more students participating this year. At bottom, sophomore **Nacoln Phaipanya** (left) blows off some steam by armwrestling while fellow team member **Ashley Baccam** eggs him on.





Posing, sophomores **Ashley Baccam, Melissa Lansing,** and **Randy Chanthavong,** along with coach **Jennifer Medina,** have their picture taken after a debate. The team competed in a new category called "public forum" this year.

Debate

Income THE Entrepreneurs

Story & Layout by: Megan Smith

Looking at his schedule, senior **John Long** realizes he is two classes away from graduation. These two classes are Government and Economics.

"I'm glad I've only got two classes left until I graduate," said Long. "I think everyone is pretty anxious to graduate."

Long isn't the only senior on the last lap towards graduation, many other seniors find that Government and Economics are the only blockade between them and walking across the stage at graduation.

Economics is split into two separate classes, micro-macro economics and general economics.

Micro-macro allows each class to create their own company. The students come up with an original product, sell stocks to create ownership, and earn commission for their hard work.

"Getting paid at the end of the semester is the best part of this class," said senior **Joseph Dake-Cowles**. "Not having to sit around and do the same thing every day is awesome, too."

Micro-macro isn't all fun and games. It consists primarily of the same elements as general economics. The class is given a reading at the beginning of the week, then worksheets, and at the end of the week, or the following Monday, a test is given.

In Samy El-Baroudi's seven years of teaching, he says the best thing about his profession is being able to interact with the students.

"Every year there has always been wonderful leaders in this class," said El-Baroudi.

General economics covers everything that micro-macro does, only with a different style. This class is composed mostly of lectures, videos, overheads, projects, worksheets and tests.

Government is also split into two classes, general and advanced.

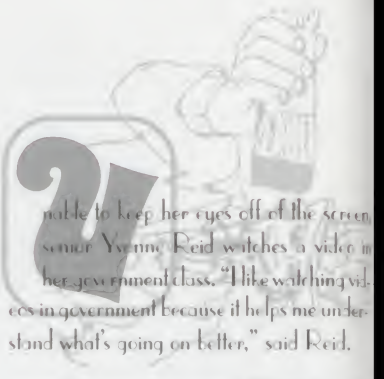
General government takes more time to cover one topic to be sure everyone is keeping up. The basic curriculum includes an overview of each chapter and there are worksheets, lectures, and videos to help the students study for tests.

"I don't mind the tests," said senior **Trevor Dickey**, "probably because I don't mind the class."

"Keeping the class interested is hard work," said government teacher **Don Heese**, "but once I've got them into it, it's fun."

Advanced government teaches the same information as general government only in a different manner. These classes don't spend as much time on one topic as a general class. According to senior **Jeremy McDaniel,** even though the class isn't weighted, he still enjoys a good challenge.

"I'd like to think I'm a pretty smart guy," said McDaniel. "I don't like to just fill my schedule with worthless classes."



Unable to keep her eyes off of the screen, senior Yvonne Reid watches a video in her government class. "I like watching videos in government because it helps me understand what's going on better," said Reid.





Watching a video in Don Heese's government class, senior Michael Deere absorbs the information. Heese shows videos to add a little more variety to his teaching style.



Junior Lauren Reed reads from the list of stock holders in her micro-macro economics class. Reed was the stock-clerk of the company.

Mr. Heese's class sits intently listening to a lecture. "It's hard to get the class into a subject like government," said Heese, "but once they're into it, it's fun."





Hard at work, senior Desiree Chavez shows her good work ethic in her micro-macro econ class. One main project each year is to form a company, then design a product to sell. Students experience selling stock to classmembers and pocketing profits from sales. Chavez is eagerly awaiting her product's arrival.



Back TO THE Future



Story & Layout by: Katelin Eaton

What do you expect when you hear the word history? To many people, the word history means boring lectures, tons of notes, and boring movies.

"History used to be boring to me," said junior **Erica Latcham**. "But now that I'm older, I've learned to enjoy history a lot more.

History teachers around East try to make their lectures more interesting by using different methods of teaching. American History teacher **Don Heese** finds that giving lectures in a story form helps ease the pressure of learning history for his students.

"It seems that the students learn more if I give them lectures in story form. It draws attention to the point I'm trying to get across and helps the students learn," said Heese.



For most history teachers, having daily routines is essential. Their routines include lectures, notes, and some sort of informative movie. The teachers often have a hard time trying to get the students to pay attention because the students think it's useless if they don't need to know the information for their future career. Not all think that, though.

"It's good to know about our past history," said sophomore **John Wells**.

History class teaches people about the past around the world. World history and American history is offered sophomore and junior years, and is required to graduate.

"I try to keep students interested, and when they start to slack off and their grades start to fall, I tell them that it's mandatory to take this class to graduate," said world history teacher **Donald Murphy**. "That generally brings them around."

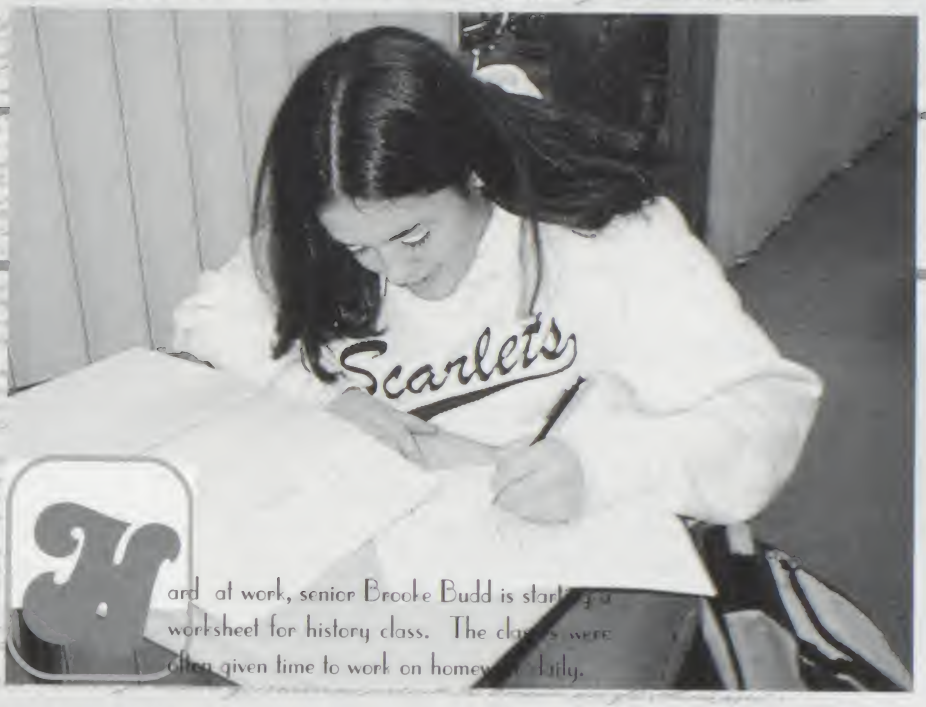
Class life ranges anywhere from one student paying attention to the entire class paying attention. It all depends on whether the students want to learn what is being taught.

"During class one time, our teacher was giving us a lecture, and the power went out. He offered to stop but our class told him not to since the lecture was so interesting," said junior **Vivian de la Cruz**.

"History is an interesting class. It's one of my favorites. If I didn't take history I don't know what would keep me interested in school, " said junior **Ashley Goodpaster.**



Studying for an upcoming quiz, Kelli Cochran takes notes in her notes in class. The students were given time to work on homework daily.



Hard at work, senior Brooke Budd is starting a worksheet for history class. The students were often given time to work on homework daily.



Trying not to fall asleep, seniors are listening to a lecture given by teacher Don Murphy. One of hte topics the class studied was the fall of Rome.

Brush up on some History

- The fall of Rome was in 476 AD.
- The war of 1812 was fought between the United States and Great Britian.
- The Lewis and Clark expedition took place in 1805.
- The Roman's had the first real empire
- The United States entered World War 2 in 1942.
- George Washington was the first person to ever walk away from power.
- After president Franklynn D.Roosevelt finished his term the congress made it so you could only serve two terms.

Exploring THE Mind

Story & Layout by: Chey Anne Young

ave you ever wondered if you're "left-brained" or "right-brained"? Or what your biological roots of behavior are? Well, this year teacher **Fred Vanderley's** psychology classes have discovered these answers.

"I'm both sides, my score was equal," said junior **Jessica Beavers**.

First semester, Vanderley teaches sociology, the study of social behavior, then second semester he teaches psychology, the study of human and animal minds. Most students take both classes, but some choose to only do psychology.

"I decided to take psychology at the last minute so I didn't get a chance to take sociology first semester," said junior **Erica Sholley**. "It was kind of a spur of the moment thing."

In both classes, students do activities explaining how the mind works and how people act in different situations. There are books and take-home assignments (if you don't finish in class), but then again, students get to test their family!

"The assignments are all right, I learn a lot from them," said Beavers. "My family thinks the tests are cool."

Don't forget the movies! Students watch a lot of movies about both sides of the brain and reactions in situations. Illusions, body tricks, memory improvement and I.Q. tests (not *real* ones, but shorter, identical ones) are some of the main chapters in psychology.

"The videos we watch are very interesting and I learn a lot," said junior **Ladu John**.

Some of the benefits are getting to know yourself, noticing thinking styles, and learning a little about child development. Vanderley had periods five, six, and seven filled with mind-blowing, brain-stimulating activities. They worked on weekly quizzes, notes, and journals, much like his sociology classes did.

"The take home assignments are easy and fun and you learn more," said senior **Peter Chanthavong**.

Students also learned about how psychologists and sociologists work, watching interactions or behaviors in people and animals. These courses can help in the following careers: educational, military, engineering, physiology, industrial and organizational, and clinical. Many other jobs may result based on these courses.

Junior **Bradley Hanawalt** has the desire to be a personal or physical trainer.

"That might have something to do with psychology," said Hanawalt.





Fred Vanderly prepares for an experiment for his students. Vanderly goes for the more hands on approach.



ome psychological problems... can YOU figure them out?

Problem A:

A grain company mixes seed costing 20 cents a pound with seed costing 25 cents a pound to produce a blend of seed costing 22 cents a pound. How many pounds of the more expensive seed are in a 50-pound sack of this mixture?

A. 20 B. 25 C. 30 D. 40 E. None of these

Problem B:

You're confined to a prison cell that has two doors. One leads to freedom, the opposite one leads to instant death. You don t know which door is which. With you are two jailers. One of them always tells the truth; the other always lies. Again, you don't know who is who. You may ask either of the jailers, but not both, one question. What question should you ask to learn which door leads to freedom?

Problem C:

The words house, village, and thumb are all related to the word green in that they combine with green in a common word or phrase: greenhouse, village green, green thumb. In each of the examples below, find the word that relates to all three:

A. Blue, Cake, Cottage
B. Water, Pen, Soda
C. Up, Book, Charge
D. Man, Screen, Sure

Answers
Problem A: A. 20 pounds
Problem B: Ask either jailer, "If I asked the other jailer to point to freedom, which door would he point to?" Then go through the opposite of the door the jailer points to. If you put the question to the truthful jailer, he'll honestly tell you what the other jailer would've said-that is, a lie. If you ask the lying jailer, he'll lie and tell you the opposite of what the truthful jailer would've said.
Problem C: A: cheese; B: fountain; C: cover; D: fire





Fun IN Chem

Story & Layout by: Alicia Bowman

When thinking of chemistry, what first comes to mind? Normally fun wouldn't be in the top ten, but for some students it's right up there.

"At first when I decided to take chemistry I figured it was going to be just another science class. Then it got harder every day, but it was still fun," said junior **Amanda Khodai**.

Chemistry teacher **Maureen Griffin** said, "The advanced chemistry class is harder because their class is blocked. They're here every other day for two hours. When kids have the same class for two hours a day they get anxious and don't really want to pay attention anymore. So it gets complicated for me as well as them."

Along with the big stress in advanced chemistry, general chemistry is constantly changing, according to Griffin.

"I never teach a class the same way I did before, mainly because the students in the class are never the same. I may have the same thing planned for each class but it just turns out different every time," said Griffin.

Each student has a different opinion about the class. Some think of it as being hard and to others it comes easy.

"They come in with the idea that the class is hard because that's the word on the street. But if they stay with it they figure out that it's doable," said Griffin.

Junior **P.J. Cooper** said he signed up for the class thinking "it would be easy, but it turned out to be very challenging."

Each student usually has a unit that they like the most. Some just enjoy the free time they get while the teacher's away.

"My favorite thing we did was when we watched the movie about atoms with one of our substitutes," said Cooper. "The movie was very interesting to me."

Senior **Nikita Person** said her favorite unit in chemistry was the forensics unit chemistry classes did.

"I liked the forensics part the most. It more was fun and interesting than some of the other units we did," said Person.



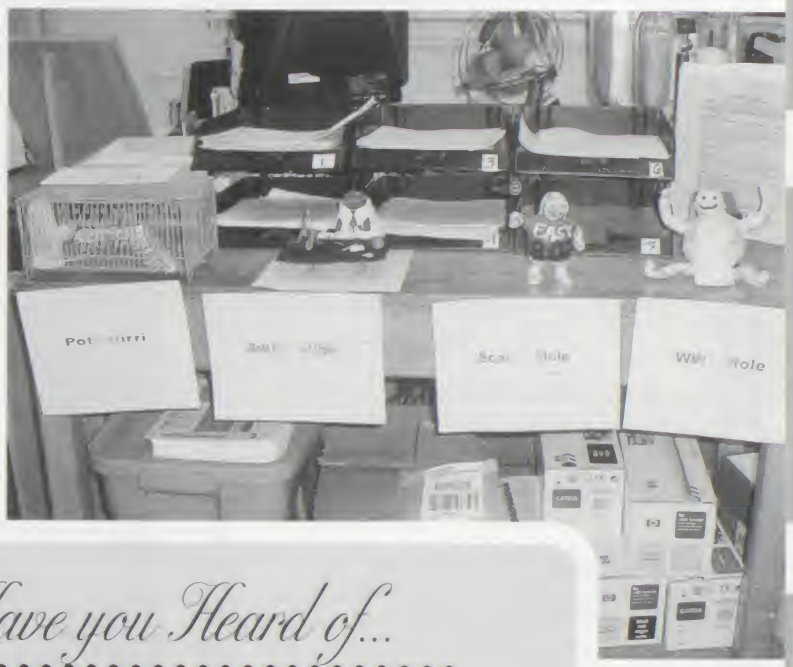


Two students work hard researching and choosing a new scientist for their in-class mock interviews. Students are required to do 5 big projects thoughout the year.



Students work hard to complete their microscope lab. Class members were allowed to have a little fun while working, as long as it didn't get out of control.

Winners in a fun contest, these moles pose for a group picture. Students entered their aluminum foil moles in Potpourri, Most Beautiful, Scarlet, and WWF judging groups.





Have you Heard of...

1. *Albert Einstein:*

Discoverer of the three laws of motion and the theory of gravity.

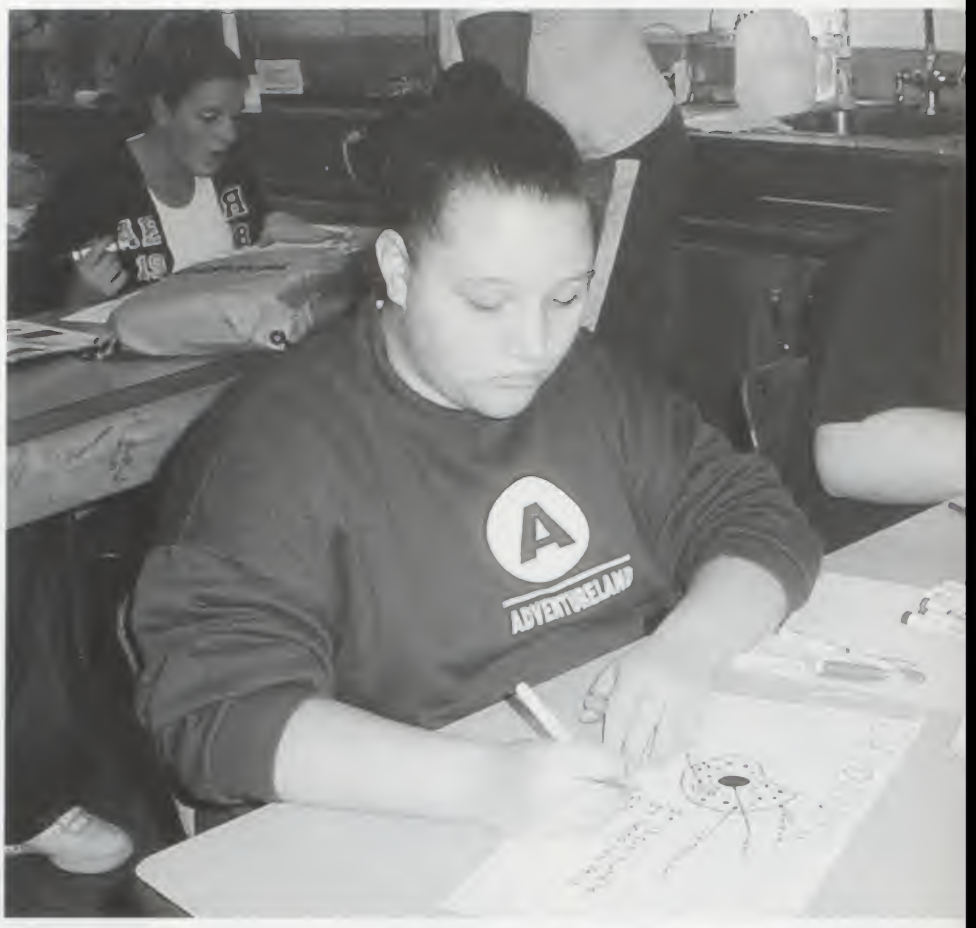
2. *Benjamin Franklin:*

Discoverer of the lightning rod, founder of the first public library.

3. *Joseph Priestly:*

Discoverer of oxygen, carbonated drinks, and erasers.

Glowing in her poster, sophomore Jennifer Brown finishes a class project. Students were each assigned a different part of the cell to draw and label.



Pop Quiz!

Check yourself out in 10 years and see if you can answer any of these questions!

What are the 5 kingdoms of life?

-Monera
-Protista
-Fungi
-Plantae
-Animalia

What do red blood cells carry?

Oxygen and carbon dioxide

DEFINE:

cell membrane...

...separates the cell from surrounding environment

entomology...

...the study of insects

pathogens...

...viruses and bacteria that cause disease



Blowing after finishing their work, seniors Chelsea Petersen and Samantha Winebrenner pose for the camera in their biotech class. East was the first Des Moines school to offer this class.
Far Right: Students observe the muscular structure of a rat they are dissecting. For many students, dissection was a highlight of the year.

Ready TO Learn!

Story & Layout by: Jamila Yakubu

Sitting in her 7th hour class, junior **Thuy Huynh** listens attentively as her teacher **Kacia Cain** explains how to do a lab. Huynh is just one of many students who took the new biotechnology class. In the class, the students study DNA, genes, and how they affect humans and their environment by doing labs, which were the most popular part of the course.

"Biotech is a great class because we get to study cells and DNA in depth and we get college experience," said Huynh.

Dr. Musau Wakabongo from Des Moines University of Osteopathic Medicine visited the students on a regular basis to give them a real doctor's point of view. Wakabongo also gave students medical case studies that she would normally give her students at DMU.

"Dr. Wakabongo really knows how to pull all the students in. She inspires them to strive for bigger and better things, and she shows them that anything is possible," said Cain.

Cain, along with **Keri Frommelt** and **James Giboo,** are all biology teachers.

"This is my first year teaching at East and I am really excited. I love all my classes because the students are a lot of fun. You get so many different characters, which is something that you wouldn't get in a small school," said Giboo.

Sophomores in biology also get the opportunity to dissect rats each year. The dissection is done when students are studying the body systems.

"It was spiffy. Seeing all the body parts was awesome!" said sophomore **Amanda Pierce.**

Students also get to participate in labs to see how the material discussed in class happens in real life. The teachers try to make sure that they have a lab for every unit that they cover.

"I love labs! They really help me to understand and it's better than listening to the teacher lecture," said sophomore **Nickie Freel.**

Everyone is required to take biology before they take a physics or chemistry class. Colleges look for at least two years of a lab science and biology is one of those classes.

"Having biology really gave me a better background for my higher classes. It really helped that I already had some prior knowledge of certain subjects," said senior **Gina Hughes**.







Teacher Kacia Cain checks a student's observations with his microscope. Her students were studying the be

Biology

A Night With The Stars

Story & layout by: Beth Mayes



After weeks of stressing and planning, Pep E finally came up with a Spree dance.

Struggling on whether to have it in the gym or the cafeteria because of complaints from Homecoming was just one of the problems they encountered. They decided to hold the dance in the small gym.

"Planning was the hard part, but when it came to decorating, we had a lot of people that helped us out," said sponsors **Linda Nemmers** and **Robbie Malm.**

"Selling tickets, decorating, and getting people to believe it would be fun was the hardest part," said sophomores **Mallory Murphy** and **Tessa Hartman**, both Pep E members.

On February 7, students crowded into the little gym to dance, hang with friends, and to check out the new DJ, senior **Trevor Jones.**

"I thought it would be fun to make it a little different," said Jones, "but it didn't turn out the way I had expected because of problems with the cords getting unplugged."

Many students left the dance early because of technical difficulties with the music and lights.

"The dance was okay except the music kept going off and on," said senior **Nikita Person**.

The highlight of the night was the Fusion and Steppers challenge, although many students made it hard for them to compete because they didn't leave much room for them to move.

"Nobody won, so we need to do it again," said sophomore **Eric Cavan**, a Fusion member. "Anytime Steppers, maybe at the next assembly."

The Scarlet Dance Squad showed students a little of what they had as they danced in the middle of the floor showing everyone their new moves.

"I think we should have competed with Fusion and the Steppers, then there would have been harder competition," said Person, an SDS member.

Upon entering the gym, students could sign up for door prizes, stop by the concession stand, and then take a walk down the Hollywood Walk of Fame. Walking into the gym all that was in sight for guests were the colors silver and black, and a bright star in the back.

The concession stand had some problems of its own, too. Students were so thirsty that they ran out of cups early and a whole lot of punch was left.

Although the theme was A Night with Stars, many students chose to wear something nice.

"I didn't dress like a star because nobody is a star," said freshman **Allison Jensen**, "so why should we dress like one?"

"It turned out better than we thought thanks to all those who came," said Nemmers and Malm.







Shimmying their way to victory, juniors Anna Miller, Amy Paige, and Taryn Brumm win the battle dance-off between Steppers and Fusion.



Adujusting the settings of his turn tables, above, senior Trevor Jones keeps the party hoppin!





Getting A NEW Outlook

Story & Layout by: Matt Grochala

s junior **Kenneth Blair** gets out of his second hour class, he makes use of his passing time to get to his next class. That class is botany, where he takes care of his newly grown houseplant.

"I like this class because we get to do more hands-on things," said Blair.

During the second semester Blair and the rest of the botany class grew and learned about plants.

Teacher **Keri Frommelt** not only teaches students about plants, but also about animals in her first semester zoology classes.

"I love teaching these classes to my students because it's an advanced class and it's interesting to some people," said Frommelt.

"It was fun finding new things out about animals and finding out how many different types of animal classes there are," said senior **Chelsea Petersen**.

In Frommelt's zoology class, keeping a good grade can sometimes be challenging. The students are presented with an assignment to try to take care of an animal and keep it alive for an eight-week period. Each student got to pick an animal of his or her choice.

"The animal that I picked was a white tree frog and it was cool learning more about it each week," said senior **Ben Van Syoc.**

Unlike normal science classes, according to most students, botany and zoology are more interesting than normal classes. Students don't go through a lot of different subjects in a semester. They get to go deeper into the one subject that they like.

"Botany is a cool class, especially when we get to do hands-on labs and look at our houseplants," said Petersen.

In past years, the botany and the zoology classes have taken semester trips to favorite locations like the Botanical Center to study plants and to the Henry Doorly Zoo in Omaha, Nebraska. There they went into the rain forest and even watched a movie at the IMAX Theater on coral reefs.

"It was great that we had time to stop and watch the movie," said Van Syoc. "It was cool because when we were watching the movie, we already knew what they were talking about because Mrs. Frommelt had already taught us all the stuff."



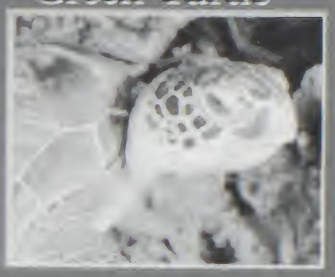
ENDANGERED ANIMALS


Dodo Bird


Falcon


Humpback Whale


Wild Yak


Green Turtle



Training water-hungry houseplant, junior **Kenneth Blair** tends to the [illegible] of his class "buddy." Each student at the [illegible] a plant of their choice as a long project of the semester.



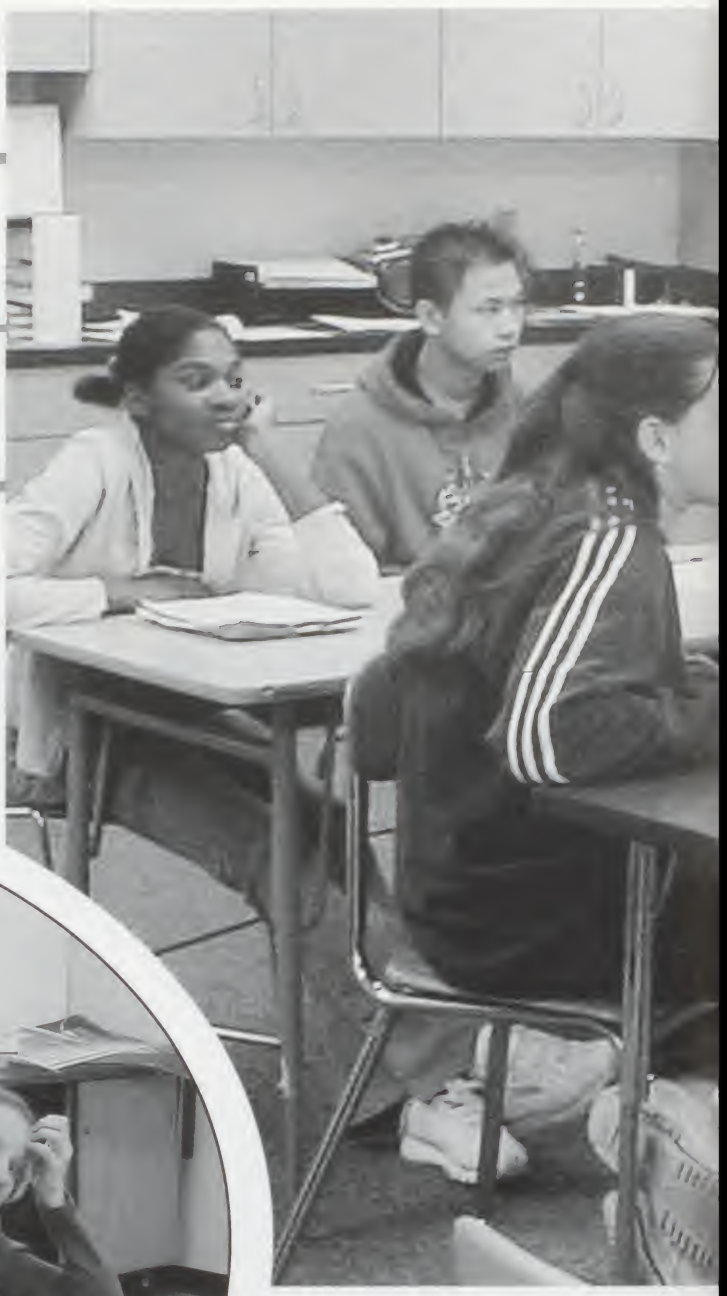


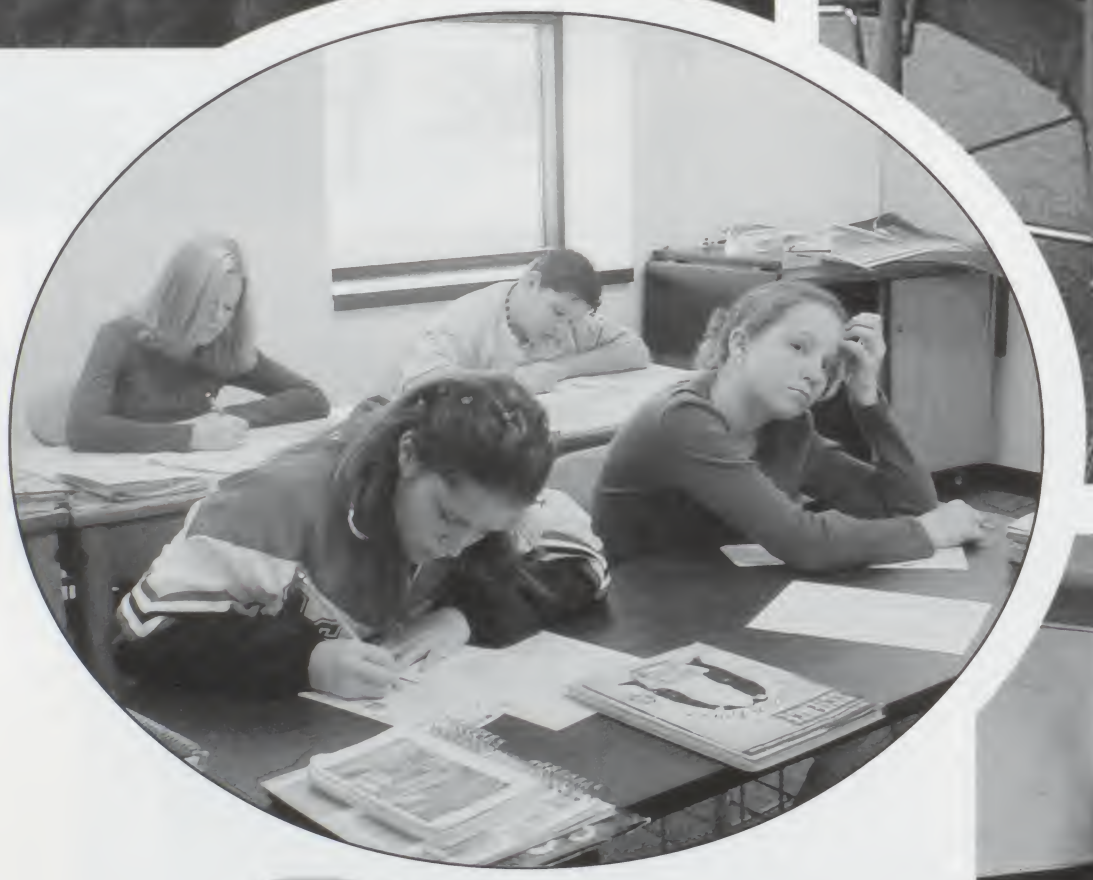
Teaching her class, **Keri Frommelt** gives a lecture on photosynthesis. Below, a centipede brought in by one of the students crawls around its habitat. Above, a student's "fast plants" sit under a high-beam light used for a source of sunlight. The fast plants project was just one of the many projects done in class.



Botany/Zoology









Actively listening, students absorb information during a class lecture (far top). Above, freshman **Katie Moses** and her peers work hard while taking a chapter test.

What the EYE CAN'T See

Story & Layout by: Tiffany Smith



Closely listening, these freshman students take in information during a class discussion. One astronomy unit covers identifying stars.

While most average teachers try to cram new information into students' heads each day by making them read chapters from textbooks or by giving them endless lectures, science teacher **Bryony Harris** uses a more direct approach.

"I like a hands on approach," said Harris, a first year teacher. "We weren't doing as much of that in November when I first started because we were learning about astronomy. I liked that we did more when we got to geology."

"One of the experiments that we got to do was to see if a candle, a beaker, and water could make a vacuum," said freshman **Steven Sholley**. "First we had to put the candle in water, light it, then set the beaker on top of the candle. After we did this, the candle's oxygen ran out, and the water was sucked into the beaker."

In Interactive and Earth Science courses, students learn the fundamental units of science. This enables the students to prepare to take other science classes like biology, chemistry, and physics.

"I'm looking forward to taking more science classes. It is not exactly my subject, but I love the challenge," said Sholley.

"I never liked science before, but my teacher makes it more fun and easier for me to learn," said freshman **Katie Moses**.

According to junior **Kerry Tyler**, taking Interactive Science helped her prepare for biology, and will help her in chemistry.

"If I didn't take Interactive Science, then biology would have been so much harder," said Tyler.



Teacher **Ed Jennings** gives his students a lecture on chemical reactions. This was Jennings first year at East.

TRANSLATING Language TO Culture



Story & Layout by: Katie Lown

Many people think that learning a new language stops when you leave the classroom, but EHS's foreign language clubs have proved otherwise. The French and Spanish clubs spent this year learning their respective languages in part by experiencing the cultures.

The French club participated in any and every French-influenced activity in Des Moines that they could.

"We tried to take advantage of every opportunity that we were given to learn about the French language or culture," said French teacher **Amanda Eimers**.

This meant eating at the local French restaurants and cafes, seeing an African drummer from the French speaking country of Senegal, and going the play Les Miz.

"My favorite part of the club was trying all the French food," said sophomore **Colin Coulter**.

When the club couldn't find enough to do in Des Moines, they went elsewhere. They traveled to Omaha in October to see a French art exhibit. The exhibit showcased artists such as Monet, van Gogh and Picasso.

"The paintings were mostly of landscapes and people, but they were very detailed," said sophomore **Erin Johnson**.

For many of the students, the trip to France over spring break was the highlight of the year.

"Going to France was an amazing experience, it was a part of high school that I will never forget," said senior **Rochelle Remus.**

Spanish club also kept busy this year; their activities were highlighted by last summer's trip to Mexico. The students visited pyramids in the Yucatan peninsula, relaxed at the beach in Cancun and spent time in Mexico City.

"My favorite part of the trip was when we were in Cancun," said junior **Josh Mosqueda**. "It was fun hanging out at the beach."

Aside from the trip being fun, it was also educational. Everyone got a chance to practice the Spanish they had learned in class in a real setting.

"We experienced a lot of Spanish," said junior **Amy Miller**, "but most of the people we talked to, like the vendors, spoke English."

Spanish teacher **Linnea Morris** was amazed at how much of the language the students picked up while in Mexico.

"The trip to Mexico got the students immersed in the Spanish language and it helped them to get excited to learn more Spanish," said Morris.







At the French restaurant Basil Prosperi's in Des Moines, at left, French Club members finish their dinner by enjoying a dessert. The club visited several cafes and restaurants this year. At far left, senior Rochelle Romus jokes around with her friend senior Ashley Johnson at the Omaha Zoo. The French Club also spent time at the Old Market and an art exhibit.

The students, below, pose with a mariachi band in Mexico. The group spent a total of 11 days traveling all over the country. They visited Mexico City, spent time at the beach in Cancun, and saw the Mayan Pyramids in the Yucatan Peninsula.





In Mexico City, left, senior Trevor Jones and junior Josh Mosqueda barter with a local vendor. The group visited various historical and artistic sites in the city, such as the National Palace where they were able to see Diego Rivera's famous murals and the National Museum of Anthropology where they saw artifacts such as an Aztec calendar stone.

Stamping IT Out



Story & Layout by: Alicia Bowman

Junior **Elizabeth Whitney** daily sits down in her Integrated III math class, gets out her homework, and waits for her teacher to "stamp" her paper.

"I really like the stamping idea. My last teacher did the stamp system, too," said Whitney. "It helps me remember what I need to turn in."

In the stamping method, the teacher gives each student an assignment sheet that has a week or two of assignments on it. Then when the homework is due, the teacher will go around and stamp the assignment sheet if the homework is done.

About five of the math teachers use the stamping method of checking homework. Some even get new stamps to match each upcoming holiday.

"At the higher levels of math I think it is a more effective way for them to do their homework and get it in on time," said **Linda Nemmers**, math teacher.

Stamping is also an easy way to get ahead in math class.

"I liked it because most of the teachers who stamp are a little more understanding if you don't get your homework done that day. Sometimes they would check it at the end of the week, which gave you more time to get caught up," said junior **Holly Bousselot.**

If you know you're going to be gone one day, the assignment sheets give you a head start on the notes and homework you are supposed to do that day.

"It made more sense to me. I knew what I was supposed to be doing if I were to be gone for a class trip or something to that effect. So if I wanted to do the homework a day or two before I knew what I needed to do, and if I didn't understand something, I could go in and talk to the teacher," said Bousselot.

Math teachers are also dedicated to making math fun for everyone. Some teachers like to celebrate "pi day."

"We got oatmeal cream pies in class and just had a day to goof off," said junior Nikki Omundson.

Having fun is "kind of hard because what might be fun for one person may not seem so fun to someone else in another class or grade level," said Nemmers.



Students watch,at right, as their math teacher works out a problem on the blackboard. Students are encouraged to take as many math notes as possible while being lectured.



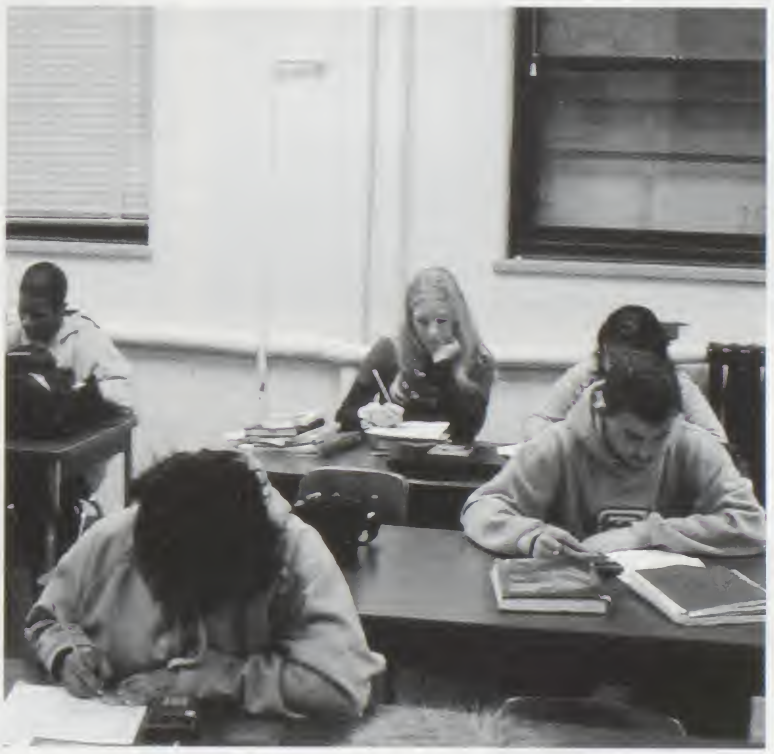


At left, an Algebra 2 class does a demonstration to show the definition of a parabola. Below, students paste together a model of a tetrahedron triangle, a math concept called "Sierpinski's Triangle." This was an assignment for a Pre-Calc class showing an example of fractals.





Hard at work, students, at right, complete one of their daily assignments. Students were often given time in class to finish homework or other projects they needed to work on.



Gear Up! for the LONG Road Ahead



Story and Layout by: Carrie Chapman

Have you ever wished that you had somebody there to help you prepare for college? Somebody to help you keep track of school and guide your way to a successful life. For many juniors this year, having people there for them was a possibility through a program called Gear-Up.

Gear-up is a federally-funded grant program in the U.S. Department of Education. It's a partnership between local schools, businesses, and colleges to help students prepare for post-secondary education and to be successful.

"There's approximately 155 students currently active in the program at East," said Gear Up advisor **Heather Isaacson**. "There's only one program in Des Moines, two in Iowa, and about 300 total in the U.S."

The students who are in Gear-up were all 7th grade Hiatt Middle School students in 1999 when the program began. Hiatt was randomly chosen because it had 50% or more of its students qualified for free or reduced lunches. Hiatt and Harding were both selected, but the staff at Hiatt made their decision first.

"We just help the students prepare for college and keep them on track throughout high school. We go on college visits, trips, and many other educational and fun things," said Isaacson.

During spring break, selected Gear-Up students go on a free trip to different places outside of Iowa. So far they've been to Washington D.C., Memphis, and this year they went to Arizona. During their trips they go on college tours, visit historical sites, and just have a good time.

It's not all fun and games, though. The students work very hard to keep their grades up in school and focus on their priorities. If students are having difficulties in any of their classes, they have the option of getting tutored. **Ritika Sinha** was hired to tutor the Gear-Up students this year. She tutored about five kids all year.

"I love to help kids with their schoolwork. It also gives me a chance to review certain areas I might have forgot since I was in school," said Sinha.

They also get help from Grand View College and Central College. These two colleges are giving scholarships to those students who plan on attending their college. The program also offers rewards such as good attendance awards to those students who deserve them.

"I think Gear-Up is great because it helped me raise my grades and it kept me on task," said junior **Nicole Kouri**.

"Gear-up has helped me a lot like checking on my grades and making sure I get my stuff done," said junior **Lindsee Hook**.



Far left, juniors **Erika Mullin** and **Andrew Strahl** have some laughs with a funny frame in Hannibal, Missouri. Left, the whole group that went on the 2002 trip to Washington D.C. stop to visit a famous monument. Below, junior **Cristal Villanueva** decorates her friend with toilet paper at a leadership conference in Pella.









Above, four Gear-Up students were in a cake eating contest when they went to a leadership conference at Central College in Pella. At upper left, some of the students relax on the bus for a break to celebrate junior **Allan McConnell's** birthday during the trip to Memphis. To the left, junior **Meaghan Bruner** teases her friend **Lindsee Hook** for sleeping on the bus to DMACC for a campus visit in 7th grade.

Gear Up

Picture Perfect



Story & Layout by: Katelin Eaton

It's a cold, wintry day as junior **Jenna Dunkin** prepares to step outside into the brisk air, to take pictures for her photography portfolio.

"The photography class is a great opportunity for students to learn the basic skills of photography," said teacher **Marty Mohler, Sr**.

During the semester, students are given a project to make and a portfolio to complete. The portfolio is to be made up of twenty-eight types of various pictures, such as a close ups, portraits, and many others. The portfolio must also include 10 pictures of their choice. Each picture is then to be matted using CorelDraw, a computer program. Then they are to place a short, catchy phrase that relates to the picture onto the page that they matted.

"I wish I had started my portfolio earlier on in the semester because when I finally started, I was in a hurry to complete it," said Dunkin. "As it turned out, I really enjoyed taking the pictures and matting them."

The students are also given a chance to show off their abilities and their artistic skill in the photo classes.

"I really liked being able to express myself in my work," said sophomore **Ashley Huggins**. "I was able to take pictures that represented me and the person I am. I was given a camera and basically set free to show off my talents. The class really gave me an insight about my abilities."

During the first semester of photography, the students learn the basics, like how to use a camera, the different parts of a camera, and what different types of pictures there are. Photography I presents a wide variety of knowledge about photography.

The students then have the choice to advance to Photography II, which takes a more in- depth look at the topics learned. The students are also given the chance to learn how to process their own film using a dark room.

"My favorite part of the class was the dark room. It was cool to see how my pictures turned out. It was a neat process to get to see," said junior **Jessica Beavers**.

After taking both Photography I and II, students are able to take independent study, which gives them more freedom. They are then able to work by themselves and on their own time.

"The photography class is a great opportunity, I am glad I was able to take it," said junior **Sarah Enos**.













Senior **Jack Richards**, slowly learns the way to use the computer to create designs for his portfolio. The program Corel Draw is an important tool when creating portfolios.

Photo

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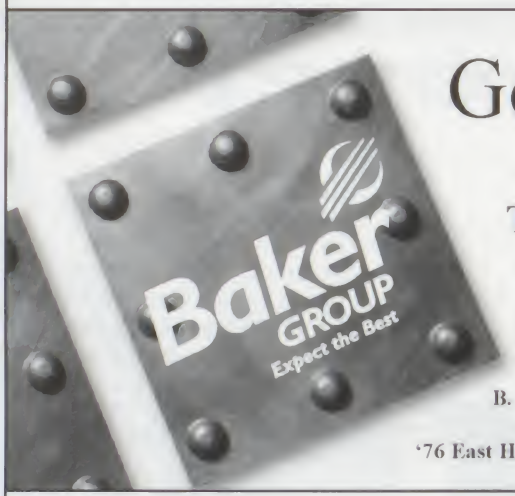
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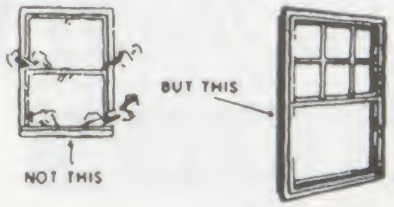
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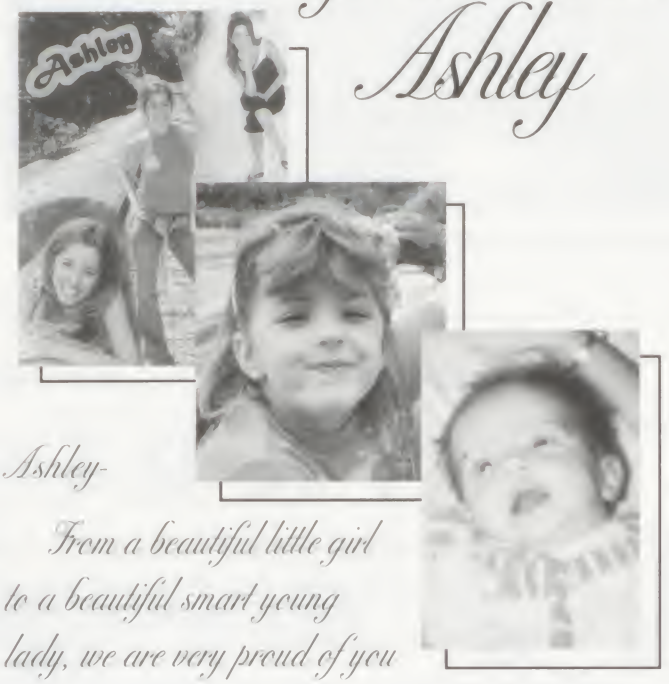
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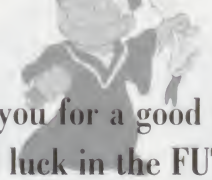
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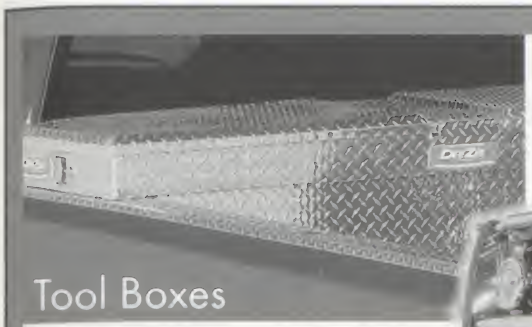
Congratulations Seniors

Class of 2004



Thank you for a good year and
good luck in the FUTURE!

Principal Tom Lee







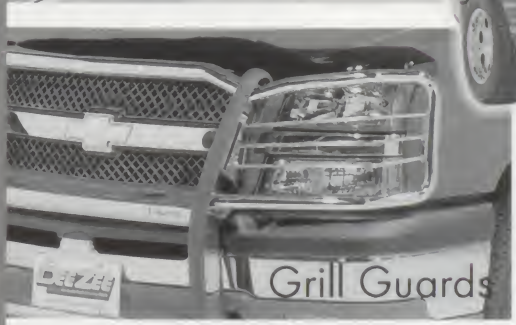
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You have grown from the Baby Girl in my arms to a Young Lady that I am very proud to call my Daughter, *I love you,* very much and I will continue to watch you grow into the person that you want to become and there is nothing out there that when you put your mind to it that you cannot do, so remember to reach for the **STARS.** I have all the faith in the world that you will succeed and become the person that you want all you have to do is stay on the right path with all the right choices.

You are anxious to leave home and go off to college, just remember that I will always be here for you and that I will miss you very much but I will be only a phone call away or a short drive from you.

Most inportantly remember that *I Love You* and there is nothing in this world that can take a Mother's love away.



Remember your high school years because they have been and important part of who you have become.

I **Love** You,

Mom

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Congratulations
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2004

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Mom, Dad & Ryan





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Trevor Jones
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Jesse Antelman

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Samantha

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Jesse Antelman - *Treasurer*
Rochelle Remus - *Vice President*
Trevor Jones - *President*
Samantha Winebrenner - *Secretary*

Class Colors - Red, Black, & Silver
Class Flower - Classic White Rose

Class of 2004 Motto

"Because we will walk this path only once, then how important it is that we should walk with some purpose that we can call our own."



Front Row: Nilaphay Vorasith, Brenda Muniz, Lizeth Medina, Marisol Alatorre, Thyta Inthavong. Row 2: Jesse Antelman, Trevor Jones, Samantha Winebrenner, Staci Owens, Rochelle Remus. Row 3: Trevor Bird, Brooke Budd, Courtney Chaplin, Robert Bourdon, Tim Ballard, Samantha Puffenbarger. Row 4: Jeff Garretto, Joesey Jackson, Sierra Buck, Felicia Wagner, Sandy Patterson, Angie Puffett. Row 5: Molly Heggen, Megan Niffenegger, Heather Hill, Andrew Van Gundy, Alia Winterbottom, Jeni Bosley, Mikaela Atkins. Back Row: Monica Stockbauer, Jeanna Frost, Josh Young, Gina Hughes, Amber Zenor, Laquana Watley, Myneka Crawford, Annabelle Kelly, Charles Jilek, Jeremy McDaniel.

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congratulations



Mikaela!

Like Ruth, you have been blessed with a spirit of kindness and generosity to others. You've grown to be a beautiful young lady and we're proud of you for letting your light shine for the world to see! You radiate sunshine to those around you and we know you will be successful in all you choose to do.

Love,
Mom, Dad, and Grandma PJ

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"Good Luck" to the Class of 2004

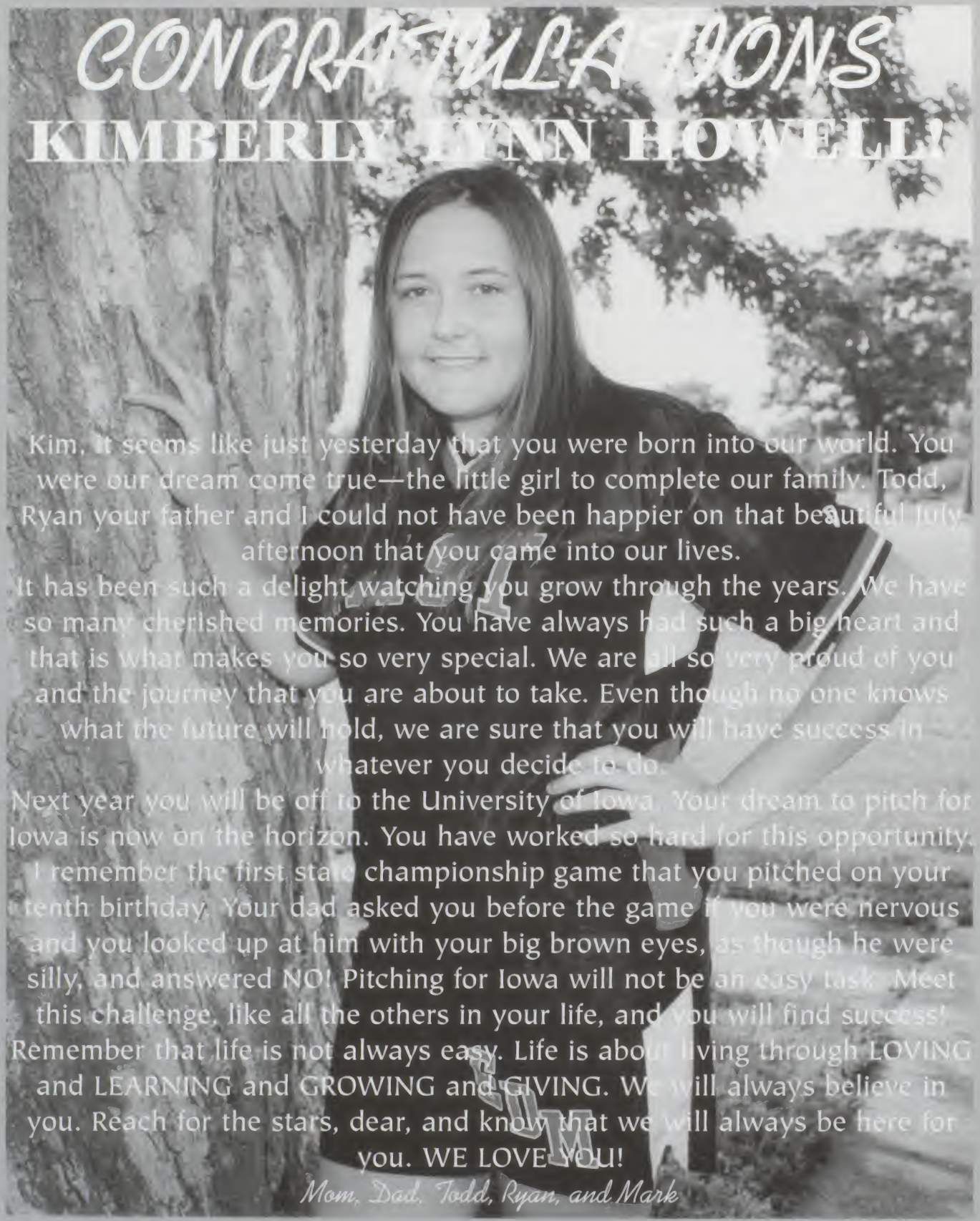
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CONGRATULATIONS
KIMBERLY LYNN HOWELL!
Kim, it seems like just yesterday that you were born into our world. You were our dream come true—the little girl to complete our family. Todd, Ryan your father and I could not have been happier on that beautiful July afternoon that you came into our lives.
It has been such a delight watching you grow through the years. We have so many cherished memories. You have always had such a big heart and that is what makes you so very special. We are all so very proud of you and the journey that you are about to take. Even though no one knows what the future will hold, we are sure that you will have success in whatever you decide to do.
Next year you will be off to the University of Iowa. Your dream to pitch for Iowa is now on the horizon. You have worked so hard for this opportunity. I remember the first state championship game that you pitched on your tenth birthday. Your dad asked you before the game if you were nervous and you looked up at him with your big brown eyes, as though he were silly, and answered NO! Pitching for Iowa will not be an easy task. Meet this challenge, like all the others in your life, and you will find success!
Remember that life is not always easy. Life is about living through LOVING and LEARNING and GROWING and GIVING. We will always believe in you. Reach for the stars, dear, and know that we will always be here for you. WE LOVE YOU!
Mom, Dad, Todd, Ryan, and Mark


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Front Row: dropped, dropped, Rorrian Nagy, Emily Rice, Samantha Winebrenner. *Row 2:* dropped. *Row 3:* Amanda Preston, Joesey Jackson, Sierra Buck, Courtney Chaplin. *Row 4:* Christy Lem. *Row 5:* Rochelle Remus. *Row 6:* Michael Deerr, Robert Bourdon, dropped, Kenny Phaydavong, Felicia Wagner.

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Barbie & Ashley

Girls,
We're so proud of you both. You two have worked so hard to get to where you are now. Good luck next year, girls. We know that you both will continue to make us very proud for many more years!

Love Always,
Mama Carmella & Mama Debi!





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Chase,

We have watched you grow and change from the little, smiling boy to the serious, determined young man you are today. We know that your determination will only help you and guide you on your new journey in life.

As you begin your new journey may God always be at your side and may you always realize how much we love you and support all of your dreams.



Love,

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East High School
Student Government



FRONT ROW: Samy Elbourdi, Latisha Streeper, Nathaleen Sakakhanone, Rochelle Remus, Jesse Antelman. BACK ROW: William Powell, Tyler Locke, Nilaphay Vorasith, Seashia Vang. NOT PICTURED: Kim Cavan, Casey Dawson, Jeremy Dunkin, Heather Held, Katy Lovan, Carol Loving, Geoff Moore, Kevin Senephansiri, Mimi Sengsirivonh, Jamila Yakubu.



L to R: William Powell, Nilaphay Vorasith, Rochelle Remus, Jesse Antelman.

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Wishing All the *"2004"* East High Graduates

"Good Luck"

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	Andrea (Brown) Dolphin	1992
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Margie (Swacker) Brown		1967
Daughters—	Amy (Brown) Davison	1990
	Sarah Brown	1992
John Swacker		1968
Children—	Scott Swacker	1989
	Kristie (Swacker) Vogel	1991
	Kellie (Swacker) Tu	1992
James Swacker		
Children—	John Swacker	1996
	Jamie Swacker	1997
	James J. Swacker	2001
	Joseph A. Swacker	2002
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Daughter—	Michelle (Williams) Griswold	1990
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Scarlet Scholars

Class of '04
Top 3%



Front Row: Lidia Chamale, Monica Wieskamp, Nate Roth, Courtney Chaplin, Robert Bourdon, Michael McCourt. Row 2: Brenda Muniz, Catherine Swoboda, Andrew Van Gundy, Rochelle Remus, Jesse Antelman, Jonathon Long. Back Row: Brenda Harnan, Tony Miller, Trevor Jones, Chris Kayser. Not pictured: Brooke Brumley, Delise Lockett, Megan Niffenegger, Emily Rice, Josh Young.

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Love
Mom & Dad

S.H.M.I.L.Y.





Congratulations Amber Michelle Zenor!



ime has gone by so fast! It seems like just yesterday you were a beautiful little girl, and now, you're a beautiful, intellegent young lady! I am so very proud of you and congratulations on a job well done!
Love, mom, Joe and little Joe





Congratulations Seniors!

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Principal Tom Lee

"It was becoming more and more important to Floyd to work very hard trying to become the kind of man everyone thought he could be."

Coach Darrin Fisher

"Floyd was always there for the Marching Band at our fall contests, even when very busy with his football schedule. He was a man with a very big heart. His fellow EHS band members will miss him."

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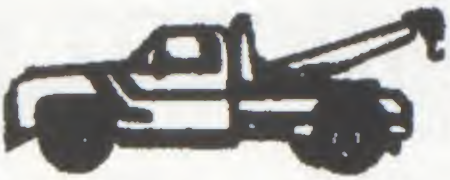
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To my daughter and nephew... **Congratulations**

Alicia Alvarez & Leroy Jones

To our loving daughter,
we are so proud of you.
May all your wishes
and dreams come true.
Good Luck and God Bless.
Love Mom and Dad



To my son,
who turned out to be a nice
young man and makes his
family proud.
We Love You
Mom and Dad



2004



Congratulations, Seniors!



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Sara Westergaard
Class of 2001

Carol-

Well, you finally made it! As you walk across that stage for your diploma, not only will we be there, but the person who would be the most proud of you will be the closest to you, in your heart walking with you. You have become a very strong and beautiful young lady. You will always succeed.





Love Always,
Shelly, Adan, Alice Jean,
Roger, Tabitha, Tristan



In loving memory
from heaven,
Mom



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Congratulations, Tony!





Congrats from Mom and Dad.
We love you!
2004 East High School Grad



ACKNOWLEDGMENTS

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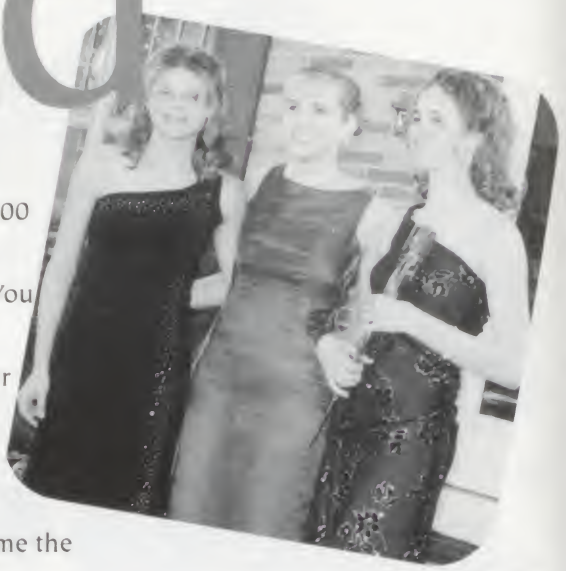
COLOPHON

The Herff Jones yearbook plant in Mission, Kansas produced 950 copies of the 2004 *Quill*. The book was completed on March 1.
Thirty-six staff members put together the 336-page spring-delivery book on 80lb. Calais paper.
The laminated lithograph cover with a matte finish is printed with four-color process soy ink. Endsheets are printed with black ink on white Vibracolor paper stock. The 8.5" x 11" book is printed with offset lithography and is smyth-sewn, rounded and backed.
The majority of the copy throughout the book is 10-point AGaramond.
The book was produced digitally and all pages were submitted on CD disks using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop, Illustrator and PageMaker.
Books were sold from September through November for $40.



The Ride is coming to an End

Story/Layout by Amber Tyler



For four years, 36 months, 144 weeks, 720 days, 5040 hours, 302,400 minutes, and 18,144,000 seconds high school has been your *LIFE*. You entered as a freshman, looking forward to the day you would graduate, never realizing how fast that day would sneak up on you.

While *IN* high school you've enjoyed the good times and overcome the bad. However, we don't know what *THE* future holds for us and we all enter into the world like newborns, gathering experience as we go along.

You'll look back at your time spent at *EAST* and realize how much you've learned since your first day. Just remember, if you stay in the passing *LANE*, you'll get where you need to go and surpass everyone else.







Closing




Construction Zone
Left Lane Closed















News



The dirt hole Saddam Hussein was found in.



Above, Democratic presidential hopefuls (L-R) Dennis Kuncinich, Joe Lieberman, Dick Gephardt, John Edwards, John Kerry, Carol Moseley Braun and Howard Dean line up for a photo session before the start of a debate in Johnson, Iowa, Sunday, Jan. 4, 2004.



Below, this image from the Mars Exploration Rover Spirit's rear hazard avoidance camera shows the rover's hind view of the lander platform, showing tracks left on the martian soil by the rover's wheels Thursday, Jan. 15, 2004. The rover is approximately 1 meter (3 feet) in front of the airbag-cushioned lander, facing northwest.





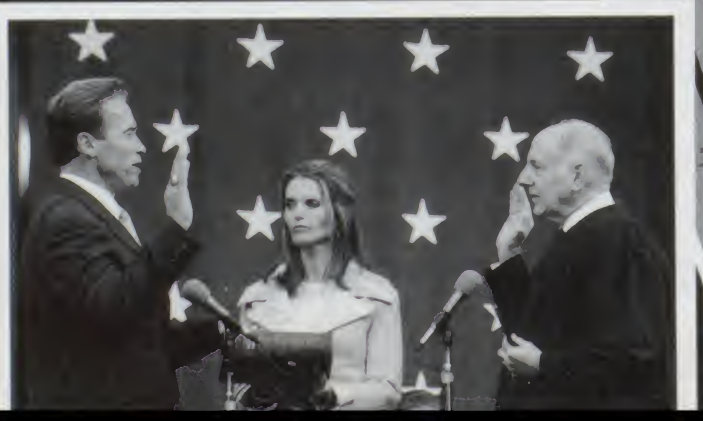
Rescuers work in a train car where a bomb ripped through a commuter train near Yessentuki, southern Russia, Friday, Dec. 5, 2003. A powerful bomb tore through a commuter train near Chechnya during morning rush hour Friday, killing 40 people and wounding scores of others, in what authorities said was a suicide bombing.

Top Ten News Stories of 2003

1. War in Iraq
2. Space Shuttle explosion
3. Schwarzenegger becomes mayor
4. SARS breaks out in Asia
5. New York blackout
6. Revival of Economy
7. Southern California wildfires
8. Tax Cuts
9. Elizabeth Smart case
10. Democrats

Source: The Des Moines Register

Below, Arnold Schwarzenegger takes the oath of office as his wife Maria Shriver holds the Bible while California Supreme Court Chief Justice Ronald George administers the oath on the steps of the Capitol in Sacramento, Monday, Nov. 17, 2003.



Below, captured former Iraqi leader Saddam Hussein speaks in Baghdad Sunday Dec. 14, 2003 in this image from television. Top U.S. administrator in Iraq L. Paul Bremer confirmed the capture of former Iraqi president Saddam Hussein in a dirt hole under a farmhousenear his hometown of Tikrit, eight months after the fall of Baghdad.

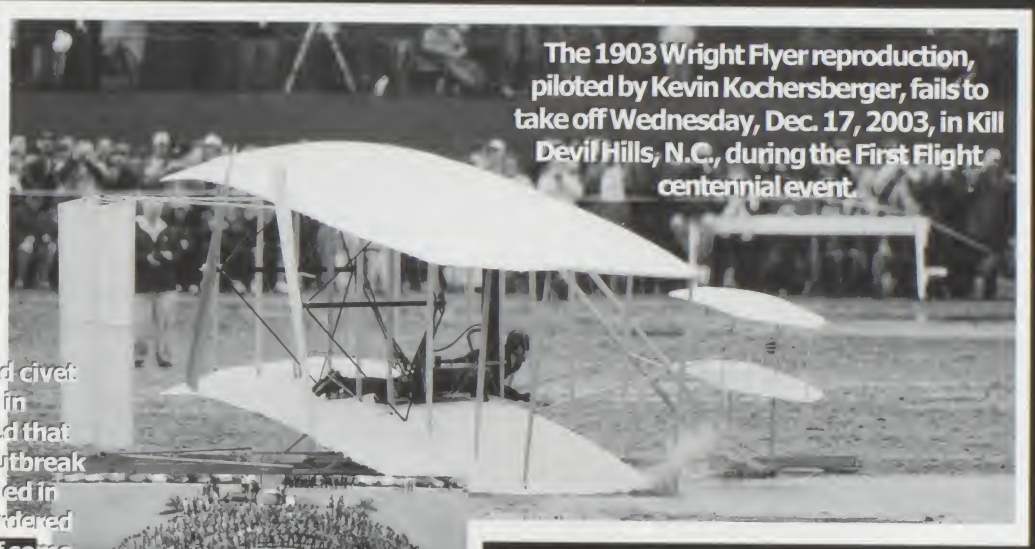




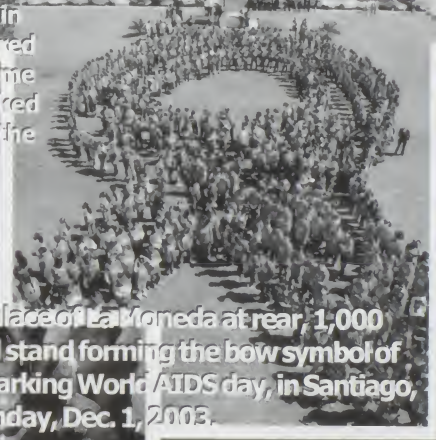
At left, U.S. Army snipers of the 1-22 Infantry division sit on their humvee as they leave the military base in Tikrit , Iraq, Tuesday, Jan. 6, 2004. The U.S. Army announced increased re-enlistment bonuses for soldiers in Iraq, Afghanistan and Kuwait on Monday, Jan. 5, 2004.



Above, a man looks at caged civet cats in a wildlife market in Guangzhou. China confirmed that its first SARS case since an outbreak of the disease was contained in July, 2003 and authorities ordered the emergency slaughter of some 10,000 civet cats after tests linked a virus found in the animals to the patient.



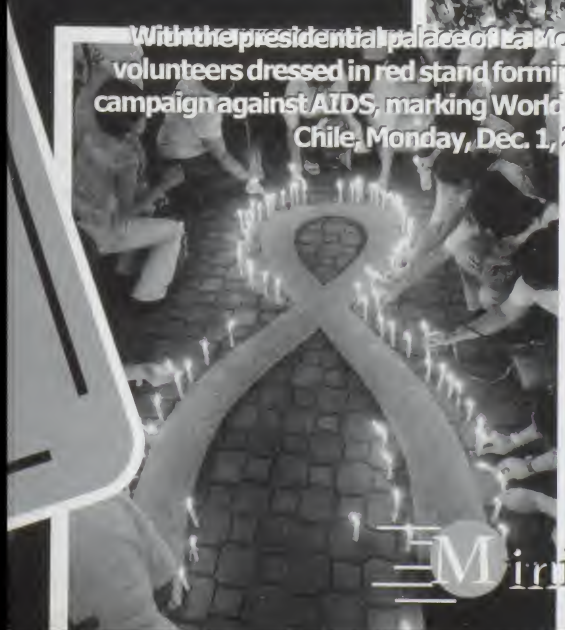
The 1903 Wright Flyer reproduction, piloted by Kevin Kochersberger, fails to take off Wednesday, Dec. 17, 2003, in Kill Devil Hills, N.C., during the First Flight centennial event.



With the presidential palace of La Moneda at rear, 1,000 volunteers dressed in red stand forming the bow symbol of campaign against AIDS, marking World AIDS day, in Santiago, Chile, Monday, Dec. 1, 2003.



Above, Michael Jackson throws up a peace sign while exiting the Santa Barbara County jail.





At right, Michael Jackson is taken into the Santa Barbara County Jail facility to be booked on charges of child molestation Thursday, Nov. 20, 2003.

Sports

Top 10 Songs of 2003

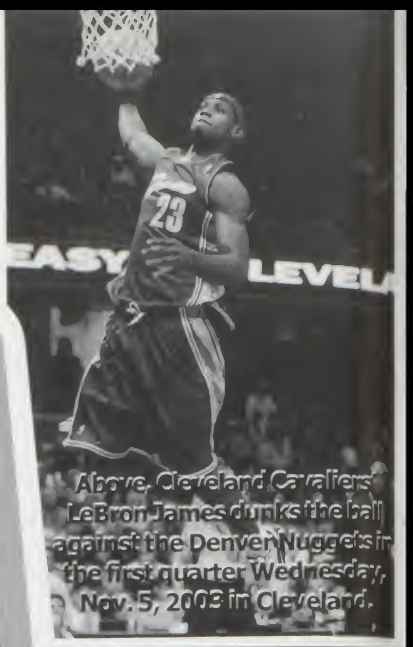
1. Hey Ya
Outkast
2. The Way You Move
Outkast
3. You Don't Know my Name
Alicia Keys
4. Slow Jamz
Twista feat. Kayne West & Jamie Foxx
5. Milkshake
Kelis
6. Me, Myself and, I
Beyonce
7. Yeah!
Usher feat. Lil Jon & Ludacris
8. Someday
Nickleback
9. Suga Suga
Baby Bash feat. Frankie J
10. It's my Life
No Doubt

Source: Billboard.com

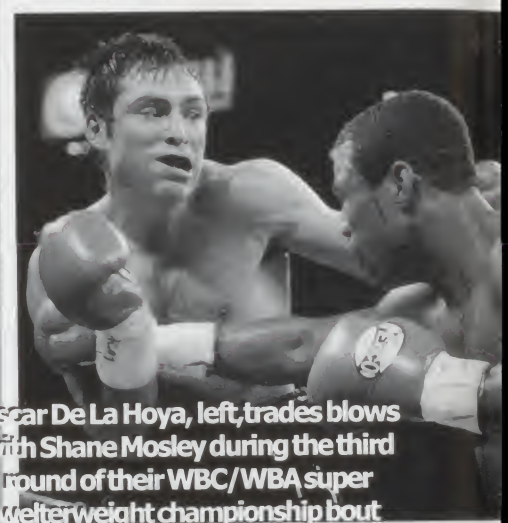




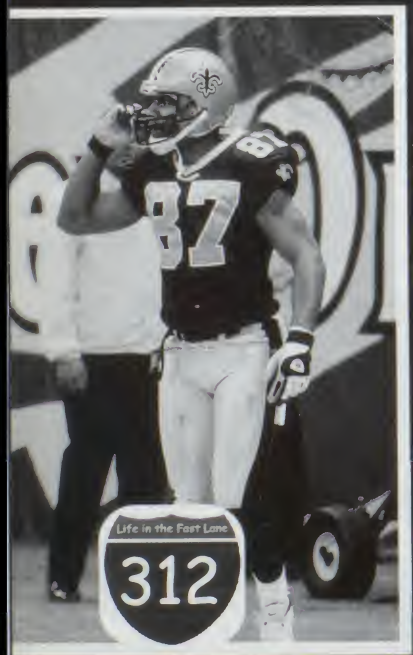
Above, Florida Marlins Ivan Rodriguez celebrates with the World Series trophy after defeating the New York Yankees 2-0 to win Game 6 of the World Series Saturday, Oct. 25, 2003 in New York. The Marlins won the series 4 games to 2.



Above, Cleveland Cavaliers' LeBron James dunks the ball against the Denver Nuggets in the first quarter Wednesday, Nov. 5, 2003 in Cleveland.



Oscar De La Hoya, left, trades blows with Shane Mosley during the third round of their WBC/WBA super welterweight championship bout Saturday, Sept. 13, 2003, in Las Vegas.



At left, New Orleans Saints wide receiver [illegible] appears to make a phone call after getting a cell phone from under the pads that line the goal post, Sunday Dec. 14. Horn reached for what appeared to be a cell phone after scoring the touchdown. The Saints were penalized for unsportsman like conduct for Horn's actions.



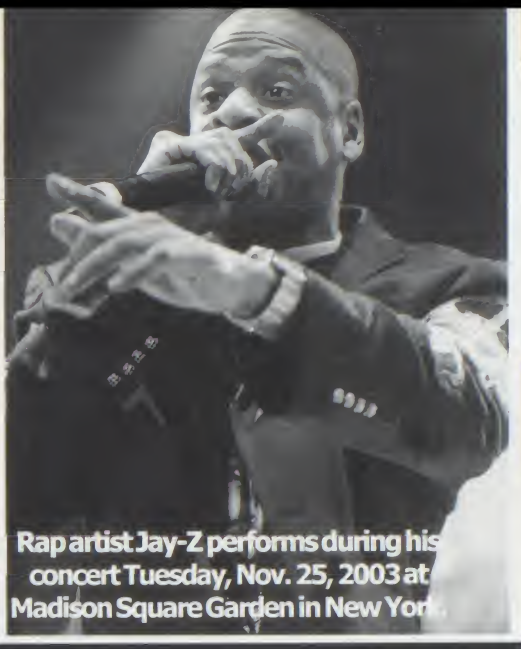
At left, Andy Roddick holds the men's singles championship trophy after defeating Juan Carlos Ferrero, of Spain, at the U.S. Open tennis tournament in New York, Sunday, Sept. 7, 2003.



MiniMag

At right, Beyonce Knowles performs during the MTV Europe music awards in Edinburgh, Scotland Thursday Nov. 6, 2003.

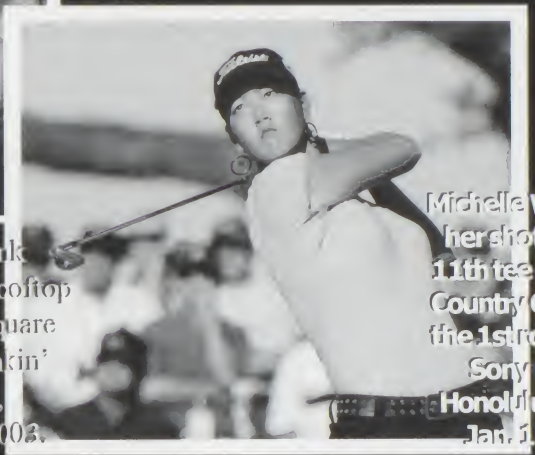




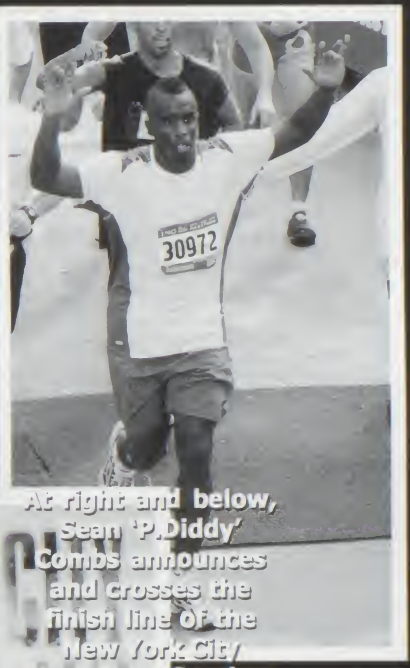
Rap artist Jay-Z performs during his concert Tuesday, Nov. 25, 2003 at Madison Square Garden in New York.



Above, The singer Pink performs a song from a rooftop in New York's Times Square as part of MTV's 'Spankin' New Music Week', Wednesday, Nov. 12, 2003.

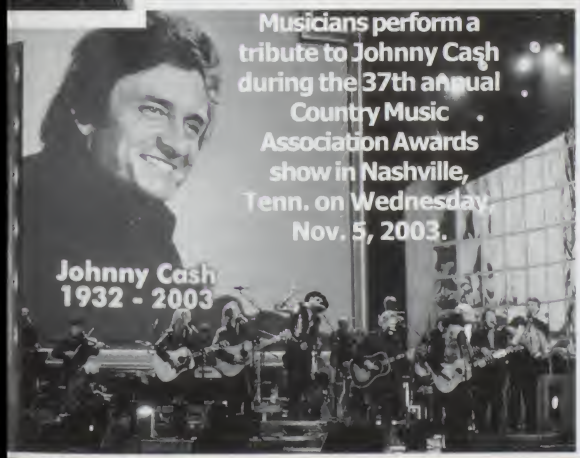


Michelle Wie follows her shot from the 11th tee of Waialae Country Club during the 1st round of the Sony Open in Honolulu Thursday Jan. 15, 2004.



At right and below, Sean 'P.Diddy' Combs announces and crosses the finish line of the New York City Marathon, Sunday, Nov.2, 2003. Running on a bum right knee and just two months of training, hip-hop entrepreneur Combs completed the marathon in 4 hours, 14 minutes, 54 seconds.





Musicians perform a tribute to Johnny Cash during the 37th annual Country Music Association Awards show in Nashville, Tenn. on Wednesday, Nov. 5, 2003.

Johnny Cash
1932 - 2003



At left, Pop star Britney Spears reacts to the screaming crowd as she holds up the plaque commemorating her new star on the Hollywood Walk of Fame, Monday, Nov. 17, 2003, in Los Angeles.

Music

T.V.



Actress Angelina Jolie, left, receives the United Nations Correspondents Association Citizen of the World Award from Nane Annan, wife of Secretary General Kofi Annan, at United Nations headquarters Wednesday, Oct. 22, 2003.



Above, Actor Ashton Kutcher, right, jokingly pulls entertainer Sean Combs off the stage after P. Diddy presented Kutcher with the "Big Stylin 2003" award during taping of "VH1 Big in 2003" awards ceremony Thursday, Nov. 20, 2003, at the Universal Amphitheater.



At right, Tom Cruise, star of the new film "The Last Samurai," waves to fans as he stands under the marquee at the premiere of the film in Los Angeles, Monday, Dec. 1, 2003.



Brad Garrett accepts the award for outstanding supporting actor in a comedy series for his work on Everybody Loves Raymond at the 55th Annual Primetime Emmy Awards Sunday, Sept. 21, 2003, at the Shrine Auditorium in Los Angeles.

At right, Trista Rehn, star of "The Bachelorette," and her fiance, Ryan Sutter, arrive at the 31st annual American Music Awards, Sunday, Nov. 16, 2003, at the Shrine Auditorium in Los Angeles.



At lower left, Nathan Lane, left, and Matthew Broderick sing during the curtain call of their first performance back in the Broadway musical "The Producers" at the St. James Theatre in New York Tuesday night, Dec. 30, 2003.



At right, Debra Messing poses for photographers with the award she won for outstanding lead actress in a comedy series for her work on Will & Grace at the 55th Annual Primetime Emmy Awards Sunday, Sept. 21, 2003, at the Shrine Auditorium in Los Angeles.

At right, Rosie O'Donnell gives the thumbs up sign as she enters Manhattan state Supreme Court, Thursday, Nov. 6, 2003, in New York, where the popular TV personality and "Rosie" publisher Gruner + Jahr USA are suing each other for breach of contract. O'Donnell quitthe magazine in mid-September 2002, following a dispute over editorial control, and it ceased publication shortly afterwards.

Below, Actor Elijah Wood poses as he arrives for the world premiere of "Lord of the Rings, The Return of the King," in which he plays Frodo Wednesday, Dec. 3, 2003, in Los Angeles.



Top Ten Movies of 2003

Source: Time Magazine

1. American Splendor
2. Lord of the Rings- Return of the King
3. Lost in Translation
4. Finding Nemo
5. School of Rock
6. Mystic River
7. Man on the Train
8. In America
9. Dirty Pretty Things
10. The Barbarian Invasions



Above, David Blaine, the American illusionist and street magician, sits in a plastic box suspended from a crane near the River Thames in London, Saturday Sept. 6, 2003. Blaine began his latest feat of endurance in a blaze of publicity Friday evening, entering the plastic box where he will attempt to live without food for over six weeks.





Above, american wrestler Steve Austin, center, known as "Stone Cold" is photographed surrounded by U.S. soldiers after a performance by wrestlers who flew to Iraq to entertain the troops at Baghdad International Airport, Saturday Dec. 20, 2003.



Above, Nick Lachey and Jessica Simpson pose for a quick photo. These two are the stars of their new hit reality sitcom on MTV, "Newlyweds."



Movies

A Road Coming To an END

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Cruzin' to Grow up



Adam Scarlett



Alia Winterbottom



Alicia Alvarez

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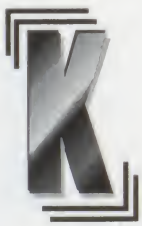
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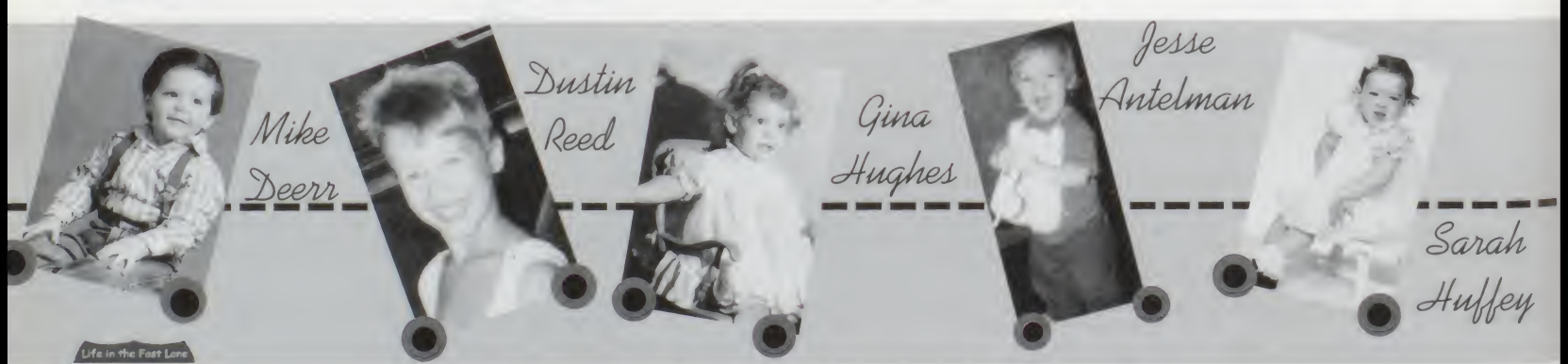
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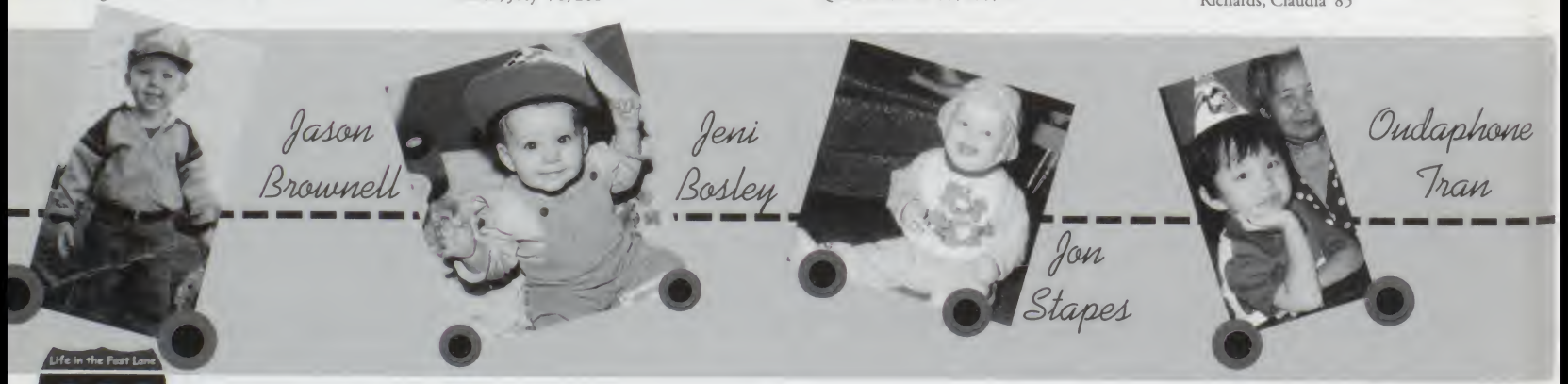
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Leroy Jones

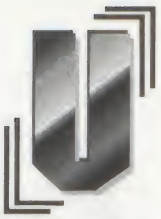


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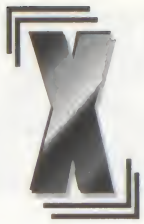
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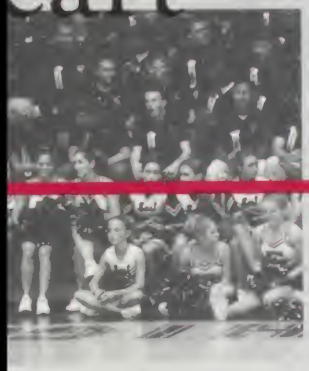
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